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NEWS WORTH SHARING.

The Maple Leaf turns 50

Sunday marks half a century since our red-and-white flag first flew on Parliament Hill. Page 18.

BIKE SHARE SHIFTS GEARS

It has taken so long for Vancouver to implement a bike-share system that the technology has evolved. One of the new options the city is looking at has the technology interface on the bike — similar to car2go — so there is no need for extensive street infrastructure. Here's one of the bikes in Hamilton, Ont. Story, page 4. HAMILTON BIKE SHARE/FACEBOOK

TransLink CEO thrown under the bus

Transit. Board changes up leadership in bid to regain public trust

TransLink's board of directors has replaced CEO Ian Jarvis effective immediately, the transit authority announced Wednesday.

With the spring plebiscite on transit funding looming over the region, TransLink board chair Marcella Szel told media change was necessary to regain the public's trust.

"The board has been looking at the public confidence in TransLink for quite some time and they have decided the time to change leadership is now," Szel said during a hastily called press conference. "It's important that we have strong and effective leadership in place after the plebiscite, regardless of what the outcome might be."

Doug Allen, the former president and CEO of InTransit BC — which built and operates the Canada Line — has replaced Jarvis on a six-month contract that will pay him $35,000 a month.

Allen's focus will be TransLink's accountability, a major sticking point for those against the 0.5 per cent Congestion Improvement Tax proposed by the region's mayors in the upcoming plebiscite.

"I will hold people to account, and I will be extracting efficiencies at every level of the organization," he declared.

However, there's a catch.

While Jarvis won't collect a severance package, the ousted CEO will stay on with TransLink as an adviser until his contract expires in June 2016.

Until then, he'll continue to collect his full salary.

In 2013, he collected $468,015 in total compensation, to much public criticism.

TransLink now finds itself having to regain the public's trust while effectively paying two CEOs. MATT KIELTYKA/METRO

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NEWS

Education.
UBC to vote on housing fees hike

The University of B.C.'s board of governors will vote on a proposed 20 per cent hike in residence housing fees Thursday morning.

If approved, students who want to live in dormitories will have to pay an extra $105-$140 a month starting September.

"Not all students can afford to pay that much money, not that there aren't other options to live and go to school here, but we know for sure that students who have the opportunity do better academically and have a better overall experience," says Anne Kessler, vice-president of academic and university affairs with UBC's Alma Mater Society.

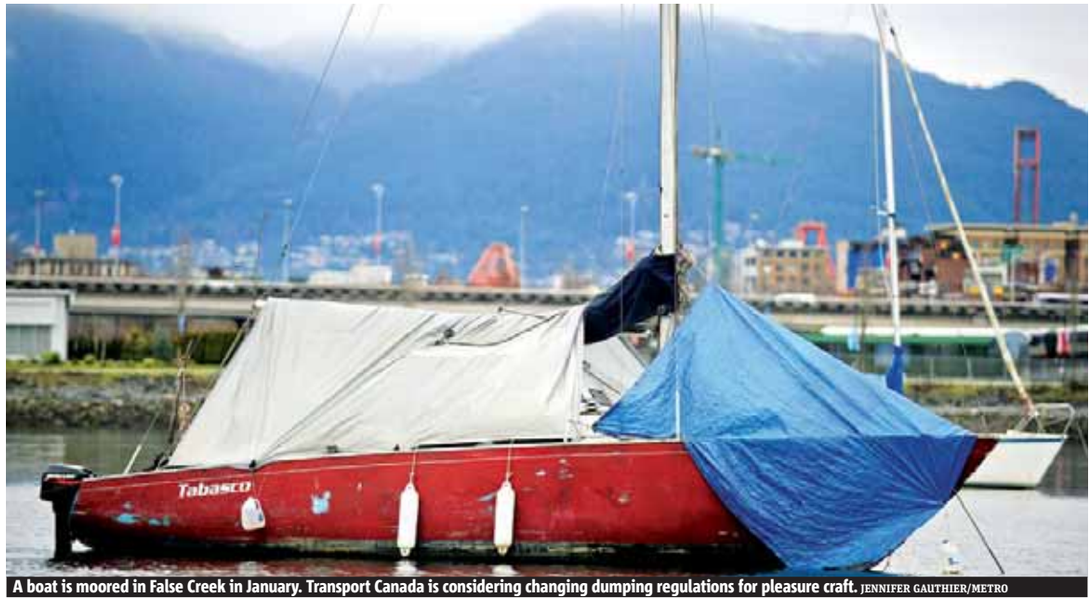
The spike, which affects only eight-month contracts, is estimated to generate more than $6 million a year, of which $2.5 million would go to student services. Another $1.5 million will be used to build more on-campus housing.

"Statistics show that students who live on campus use those services more than commuter students, things like being part of a club at night or participating in sporting activities," said Andrew Parr, managing director of UBC's student housing services.

Parr says when compared to other universities across the country, the cost of living on the Point Grey campus falls in the middle of the pack.

"We don't aspire to charge what schools like U of T or McGill charge, but it's part of the comparison package."

Meal plans are also subject to increase if the board gives its stamp of approval. An additional $285 per year will have to be coughed up by cafeteria-goers. TERESA VERENCA/FOR METRO



A boat is moored in False Creek in January. Transport Canada is considering changing dumping regulations for pleasure craft. JENNIFER GAUTHIER/METRO

Park board wants sewage dump ban

Sanitation. Potential prohibition follows proposal to let lightly loaded crafts dump waste within one nautical mile of shore

EMILY JACKSON
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The idea of letting boats dump sewage closer to shore sounded so crappy to some Vancouver park board commissioners that they want to ban dumping from the Burrard Inlet altogether.

Commissioners Michael Wiebe and Catherine Evans were inspired to suggest such a prohibition in light of Transport Canada's proposal to let pleasure crafts carrying less than 15 people dump their sewage one nautical mile from shore down from three nautical miles.

"There's already a bit of a stigma that we don't have clean beaches," Wiebe said Wednesday, pointing to frequent closures of Sunset and Ambleside beaches last summer due to peculiarly high E. coli levels.

"Those are numbers that make people go, 'Ew, I don't want to get in our water.'"

While Wiebe recognizes boats are just one of many factors including dog parks and birds that contribute to high bacteria levels, he is calling on the park board to ask Transport Canada not to loosen the regulations and to ask it to designate the inlet as a no-dumping zone.

Cleaner water could help Vancouver attain blue flag status for its beaches, an international designation for high water quality.

"Most boaters are fantastic, they want to be boating in clean water," he said. "We have such beautiful beaches and we need to be advocating for those beaches."

Transport Canada has extended the period for commentary on the proposed changes due to the volume of backlash from the public, so the board's feedback could be taken into account.

The lax rules have apparently prompted a number of requests for no-dumping zones from municipalities across the country, Wiebe said. Transport Canada is working on a process to handle the volume of inquiries.

The park board is scheduled to vote on Wiebe's motion next week.

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Thanks to new technology, Vancouver could get the ‘car2go for bike sharing’

Bike share. Newer systems don’t rely on docking stations, allow bikers to park all over

EMILY JACKSON
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Vancouver has taken so long to implement a bike share system, new technologies have emerged that could make one cheaper to install and easier to use.

One of the new options the city is considering affixes the technology interface onto the bikes instead of at docking stations, allowing users to start and end trips without having to park at a specific place — exactly like car2go.

“It allows for a bunch of business models they can do because the computer is mobile,” the city’s director of transportation Jerry Dobrovolny said Wednesday. “There are more advantages than disadvantages, but you want to be careful you don’t have bikes locked up to trees or mailboxes all over the city.”

The city’s attempts to create a bike share system have been repeatedly delayed over the past five years due to its refusal to accept much risk and the internal problems of its preferred vendors, Alta and Bixi.

But the file is moving forward again after the chosen operator Alta — now called Motivate — was purchased and has new management, Dobrovolny said.

Ultimately, it’s up to Motivate to choose a bike supplier and pitch its financing, sponsorship and business plans to the city, Dobrovolny said.

“They’ve always had options, now they have more options…. We’re seeing that some of those new options are less expensive,” he said.

“As frustrating as it’s been — certainly we wanted (a bike share system) much sooner — the silver lining is there’s technology advancements.”

If the city wants a rave review of the new technology it can look to Hamilton, Ont., which installed its own “smart bike” system last month.

Even though it’s the dead of winter, the demand has been higher than predicted for the $1.6-million system operated by Social Bicycles (SoBi), City of Hamilton program manager Peter Topalovic said.

“It’s car2go for bike sharing,” Topalovic said.

Infrastructure costs are much lower since smart bikes can connect to any bike rack and don’t need heavy sidewalk kiosks, he said.

“You can put them anywhere, you have flexibility,” he said. “This is early, but definitely we’re seeing some of the benefits of smart bikes.”

A man enters his pin to unlock a bike in Hamilton’s bike share system. FACEBOOK/HAMILTON BIKE SHARE

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Coroner keeping eye on increased speed limits

Driving safety. Chief coroner says she was surprised her office wasn't consulted in the decision process

MATT KIELTYKA
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The province's chief coroner says her office will be keeping a close eye on newly increased speed limits throughout British Columbia.

B.C. Coroners Service chief coroner Lisa Lapointe told media on Wednesday that she wasn't consulted when Transportation Minister Todd Stone announced increases to the speed limit on 35 sections of highway in July.

"We weren't consulted in terms of the increased highway speed, which was a surprise," she said. "That decision was made, and we'll now provide input. If we see any increases (in fatalities), we'll pass them along."

The province's chief medical health officer, Dr. Perry Kendall, voiced his opposition to the speed-limit increases at the time and criticized the government for its lack of consultation.

Lapointe was speaking as the service's Child Death Review Panel released its latest report on youth driver deaths.

There were 106 recorded young-driver fatalities in B.C. from 2004 to 2013, and collisions remain the No. 1 cause of death for 17- and 18-year-olds in the province.

The panel found that excessive speed factored into 30 per cent of the fatalities and impairment in 40 per cent.

Seat belts were used in only 30 per cent of the 106 incidents.

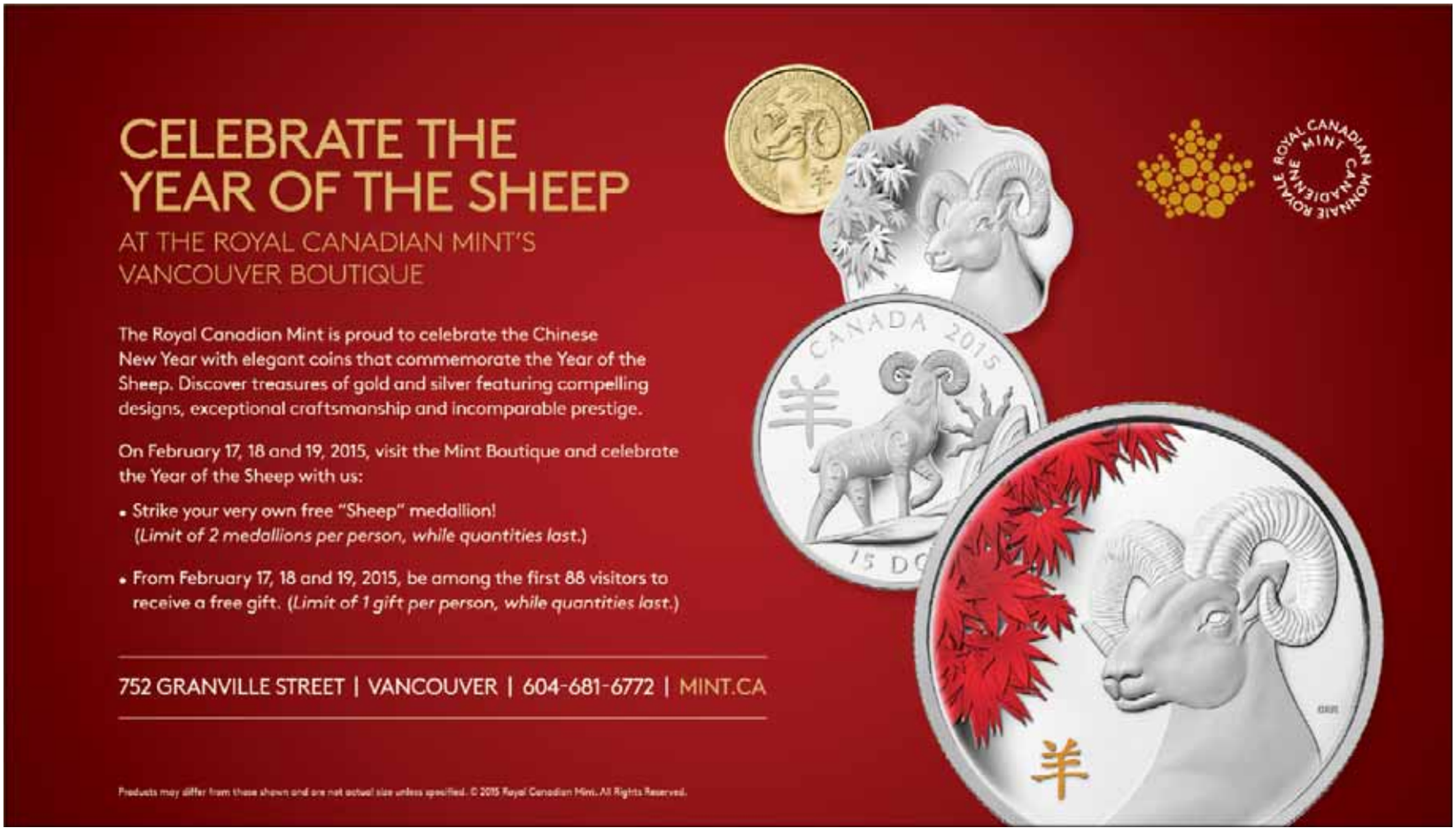
A third of the fatalities also involved youth not complying with the restrictions placed on their learners or new driver's licences.

The Coroners Service recommended that ICBC launch a review of its graduated licence program "to improve its effectiveness."

In a statement provided to Metro, ICBC said it will act on the report's recommendations, including consulting with young drivers and their parents.

Since enhancements were made to the graduated licence program in 2003, ICBC says there have been 28 per cent fewer crashes involving new drivers.

According to B.C.'s chief coroner, 106 young drivers died in the province from 2004 to 2013. JENNIFER GAUTHIER/METRO FILE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Crime

Stolen Globetrotter mascot found

On Tuesday night, VPD officers responded to an East Vancouver apartment to recover a stolen computer, finding a number of other stolen items. With little evidence to track down the rightful owners, the goods were taken to the department's property office.

Following Wednesday's frenzy over Big G's disappearance, officers recognized that one of the recovered items resembled the 10-foot inflatable mascot.

He was allegedly stolen from the team's tour bus Monday night, which was parked at Seymour and Hastings Street.

TERESA VERENCA/METRO

Justice

Funding allotted for multicultural victims of crime

Justice Minister Peter MacKay announced half-a-million dollars in funding will go toward B.C. initiatives like translating the province's victim-impact statement into eight new languages.

The money will also be used to increase the number of testimonial aids for people hurt by crime and to raise awareness among specific multicultural groups of a telephone hotline for people injured by domestic violence.

MacKay said helping victims is one of the Conservative government's highest priorities.

THE CANADIAN PRESS

Restaurant

Whistler Blackcomb plans $5.4-million property upgrade

Whistler Blackcomb Holdings Inc. is planning a $5.4-million expansion of the Rendezvous Lodge restaurant on Blackcomb Mountain.

The project will increase the restaurant's seating capacity by 8.5 per cent and improve guests' experiences. The upgrade is expected to be completed before the start of next ski season.

The resort operator announced the project along with financial results from the three months ended Dec. 31, including a 7.6 per cent increase in adjusted earnings and a 9.6 per cent increase in revenue. THE CANADIAN PRESS

Complaints

Suit against College of Veterinarians dropped

A lawsuit accusing the College of Veterinarians of British Columbia of dismissing complaints of alleged misconduct has been dropped after the college agreed to investigate.

Ecojustice group and biologist Alexandra Morton announced they've dropped their lawsuit on Wednesday.

The reversal comes after the college agreed to investigate Morton's complaint that a government veterinarian misled B.C. in a 2007 memorandum that incorrectly stated the province does not import live Atlantic salmon eggs, which could carry infectious salmon anemia virus.

Morton lodged a written complaint with the college in 2013, but was twice told the college would not investigate the alleged professional misconduct.

Morton and Ecojustice launched a lawsuit in early January in the hope a judge would overturn the decision.

MATT KIELTYKA/METRO

Safety

Tougher employer penalties introduced

The B.C. government has introduced legislation that would bar employers from continuing to operate in an industry if orders to stop unsafe practices are ignored.

Labour Minister Shirley Bond said the legislation will also permit on-the-spot penalties for employers who violate orders.

The legislation amends the Workers Compensation Act and is based on recommendations in a report into two sawmill explosions that killed four workers in 2012.

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Nicholas Wong, spokesman for Friends of Delta Hospital. CONTRIBUTED

Group calls for expanded care at Delta

Surgery. 'We have no surgical specific-beds and surgery stops at 3 p.m.,' says Friends of Delta Hospital spokesman

TERESA VERENCA
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An ad hoc group is calling for expanded surgical care in Delta.

Friends of Delta Hospital, which is hosting a town hall meeting this weekend, was formed last fall after local doctors raised concerns about the hospital's surgical program.

"We're trying to inform and educate the public about the issues, that Delta Hospital needs to get back its surgical program," spokesman Nicholas Wong told Metro.

"Before 2002, we had 25 surgical beds and 24-hour surgery. Now, we have no surgical specific-beds and surgery stops at 3 p.m.," he added.

In an email to Metro, Catherine Butler, executive director of Delta Hospital, said the community of Delta should be proud of the hospital's day surgery program as it "boasts some of the best post-surgical outcomes from across the country."

"Our leadership team will continue to make decisions about all services at the hospital based on evidence and within the context of the evolving needs of patients who use the system," she wrote.

But the lack of 24-hour surgery is something Barbara Weinberger is familiar with.

Town Hall

The town hall meeting is being held at the Ladner Community Centre on Feb. 14 at 1 p.m.

- Some of the confirmed to attend include NDP health critic Judy Darcy, MLAs Scott Hamilton and Vicki Huntington, along with Delta councillors Sylvia Bishop, Heather King and Ian Paton.

The 47-year-old was at work in Richmond last November when she began experiencing stomach pains. Not giving it a second thought, Weinberger went to Delta Hospital because of the "great service she had received in the past."

"I arrived there around 3:30 p.m. and staff had a hard time finding a place that would take me to fix my appendix," she said. "They called Surrey, they called Peace Arch, Abbotsford and Richmond."

Weinberger ended up being transferred to Royal Columbian Hospital, where doctors couldn't operate until the next morning.

"My appendix ended up rupturing overnight. What could have been a daytime surgery turned into me missing almost five days of work," she said.

Wong said his organization is asking the province for $2 million to help get the surgical program off the ground again.

"It will open up four surgical beds and give patients access to a broader range of surgeries at the hospital."

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‘Let’s go do jihad,’ Nuttall says in video shown to jury

Trial. Accused in plot to attack B.C. legislature filmed by undercover Mountie

Accused terrorist John Nuttall told an undercover officer in the weeks leading up to his alleged Canada Day plot to attack the British Columbia legislature that he converted to Islam because he wanted “jihad,” his trial heard Wednesday.

Nuttall, who is now on trial alongside his wife, sat in a police vehicle with an RCMP officer posing as an Arab businessman in June 2013, unaware their conversation was being recorded.

In a video of that encounter, Nuttall tells the officer he wants “justice” — for what, he doesn’t say — and was drawn to Islam because of what he saw as the 9/11 hijackers’ courage to “stand up.”

“I wanted jihad before I became a Muslim,” Nuttall says in the video, which was played for the jury.

Nuttall and Amanda Korody are accused of four terrorism-related charges. They both sat in the prisoners’ dock Wednesday watching video and audio recordings from the undercover RCMP operation.

Quoted

“I just wanted justice.... When 9/11 happened, I became really interested with these people.”

Accused terrorist John Nuttall

The Crown alleges Nuttall and Korody, who were recent converts to Islam, built pressure-cooker bombs and then placed them on the front lawn of the legislature in Victoria hours before Canada Day festivities. The RCMP ensured the bombs were inert, the Crown says.

The court hasn’t heard when Nuttall and Korody converted, but Nuttall suggests he came to Islam already looking for violence.

“The first thing I said when I converted is, ‘How do I worship my God?’” Nuttall says in the video.

“And my second question was, ‘Where is my gun? Let’s go do jihad.’”

Nuttall says he tried to find other Muslims in the Vancouver area who shared his views but was shunned at every mosque he visited. Some people he encountered called the police, he says.

The RCMP officer, who can’t be named, told the court he befriended Nuttall by posing as a Muslim who needed help looking for his niece. Over the next four months, the trial heard, Nuttall met with the officer numerous times to outline his plan, with the officer offering to help obtain supplies such as explosives.

In this court sketch, John Nuttall and Amanda Korody appear in court in Vancouver on Monday. The man accused of plotting to bomb B.C.’s parliament quoted Osama bin Laden and spoke of a plan to fire homemade rockets at the legislature, an undercover RCMP officer told the couple’s trial Tuesday. FELICITY DON/THE CANADIAN PRESS

Nuttall said in earlier footage that he was inspired by the Boston Marathon bombings, which left three people dead and wounded more than 260 in April 2013, and decided to use the same type of pressure-cooker bombs. He downloaded the plans from the Internet, he explained earlier.

Korody made her first appearance Wednesday in the undercover surveillance footage, sitting in the back of the vehicle wearing a scarf over her head during a meeting in late June.

The woman mostly sits quietly in the back seat, interjecting occasionally.

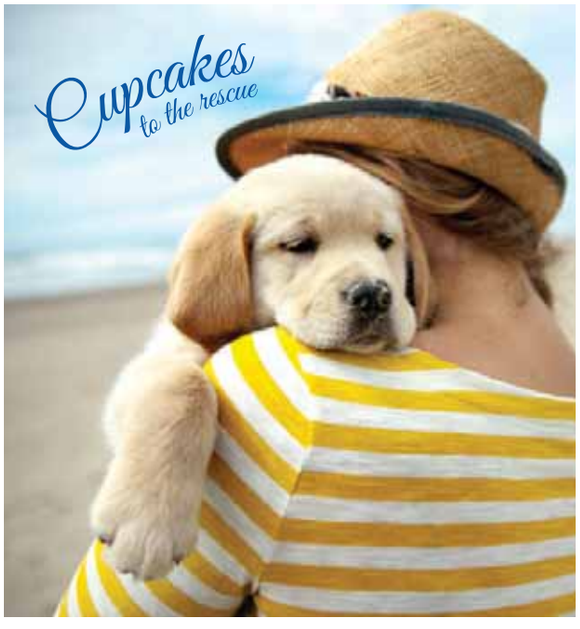
At one point, Nuttall explains the need for an escape plan.

“We’re going to try and plan an escape route, but … I don’t think we’re going to come back from this.”

Nuttall also lists other possible targets in the Victoria area, including a passenger ferry that travels between the city and Seattle, an area around the city’s former wax museum that is often busy with tourists or a nearby military base, which he suggests storming with automatic weapons.

Nuttall and Korody have each pleaded not guilty.

THE CANADIAN PRESS



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Hear ye, hear ye: There are films in them thar hills!

VIMFF. Film fest offers three world premieres with B.C. connections

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Close your eyes. Now picture all seven days of this week as a theatre. Do you see them? Good.

You're standing centre stage and behind you are Monday, Tuesday and Wednesday. In front of you, past the microphone and in the capacity crowd, tonight, tomorrow and beyond. Maybe you're getting an award for making it this far.

Thursday — yeah!

You're about to thank your agent when you spot this column in the audience. And this column thinks it's here to help you decide what's next for you. In fact, this column is sure of it.

Let's call this column Kanye West. And he's marching toward the stage, looking like he's about to tell you what's up.

Suddenly, Ye Column's beside you, clutching the microphone. "Yo, person on a figurative stage in a theatre made of weekdays," he says. "I'm really happy for you, and I'm gonna let you finish, but the Vancouver International Mountain Film Festival (VIMFF) has one of the best lineups of all time."

Consider that this year's VIMFF features 65 films over its nine-day, 22-show span, including three world premieres and 14 North American premieres.

All three world premieres have B.C. connections. And two of them kick off the festival tomorrow night at the Centennial Theatre in North Vancouver: Risk and Rescue (dir. Melanie Wood, 26 minutes), a short film that goes behind the scenes with North Shore Rescue; and The Hand of Franklin (dir. Frank Wolf, 68 minutes), which follows a four-person team from North Vancouver as they attempt to row the Northwest Passage to draw attention to climate change in the Arctic.

The 18th annual VIMFF starts tomorrow and runs until Feb. 21. Visit VIMFF.org for more information.

L.O.V.E. fashion?

- Project L.O.V.E. is a local charity that focuses on education and gender equality.
- They're raising funds to build a primary school in Zambia via a fashion show tonight at Charles Best Secondary School in Coquitlam.
- Doors open at 7 p.m. Tickets are $15, available at the door. Visit ProjectLoveSchool.org.

Tim Jones, the team leader for North Shore Rescue who died last January, in a scene from Risk and Rescue, a short film at this year's Vancouver International Mountain Film Festival. CONTRIBUTED

FactsCan aims to filter through the political spin

Jacob Schroeder CONTRIBUTED

Three strangers are hoping to hold politicians' feet to the fire during this year's federal election.

UBC grad Jacob Schroeder, along with Toronto-based Dana Wagner and Ottawa's Tyler Sommers, have launched FactsCan.ca, an independent and non-partisan fact-checking website.

"There wasn't really anything like this in Canada, so I reached out to some friends who got us all in contact with one another," Schroeder told Metro.

The trio's goal is to separate truth from spin by researching statements of fact and then issuing a methodological score of either True, Misleading, False or Farcical.

"We're hoping that by analyzing what politicians are saying and helping the public cut through the B.S., the public will be better informed and perhaps politicians will be a bit more hesitant to be inaccurate," he said.

Some of the statements in question include whether Prime Minister Stephen Harper was correct in saying that "nobody in the world is regulating their oil-and-gas sector" and if Elizabeth May's tweet about MPs having an obligation to present petitions carried any weight.

As the election nears and the campaign trail heats up, Schroeder said he expects the workload to increase.

"We're looking for volunteers who are good at researching and writing clearly to help us reach the level of output we're hoping for," he said.

"A fact check can take anywhere between a few hours and a few days."

TERESA VERENCA/FOR METRO

Fundraising

- To help with the startup costs, the group has launched a fundraising campaign through Indiegogo.
- For more information, visit FactsCan.ca on Facebook.

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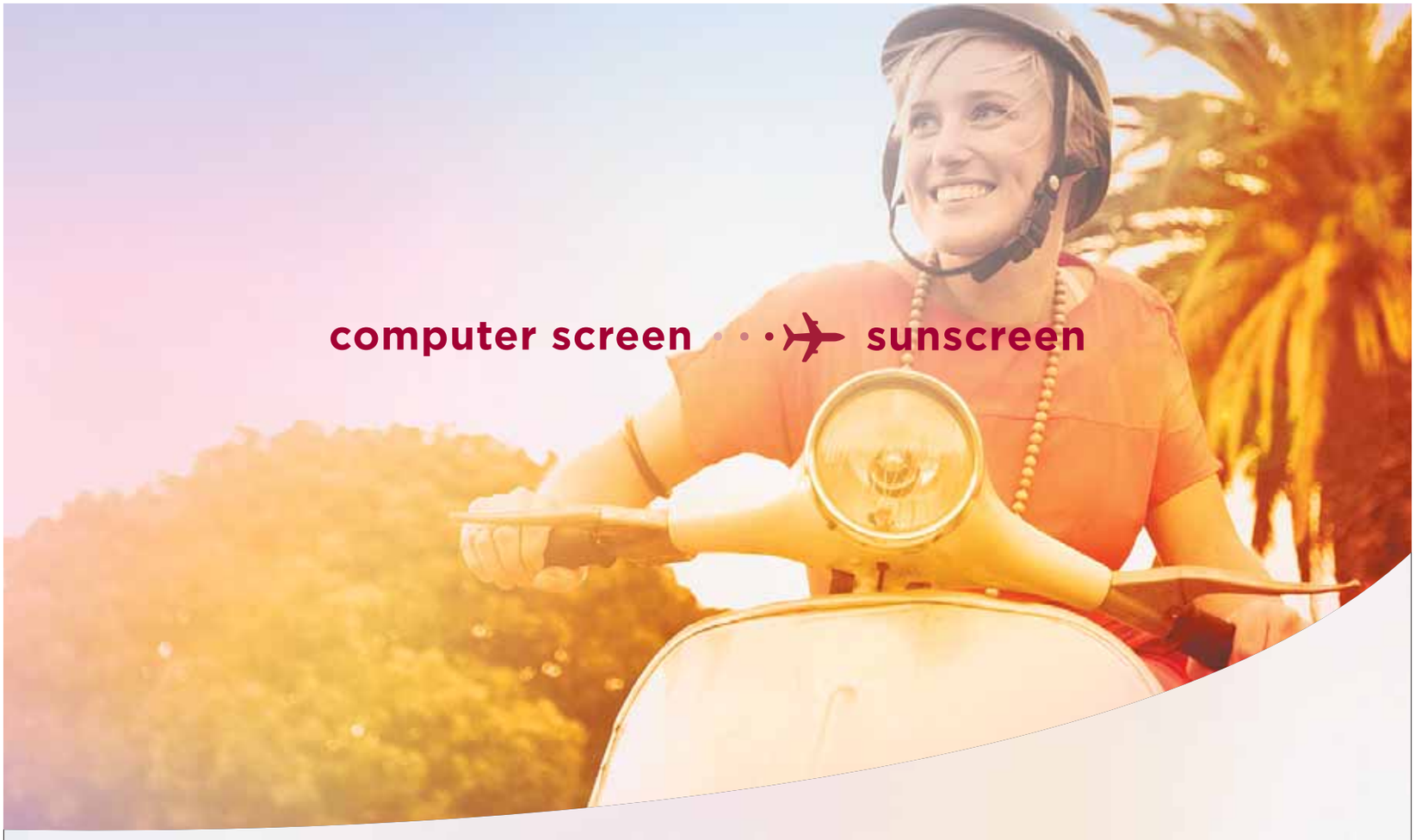

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Kenney hints at possible training mission in Ukraine

Military. New defence minister also said the Tories haven't decided whether to extend mission against ISIL

The country's new defence minister left the door open Wednesday for Canadian troops to join the U.S. in training Ukrainian forces and for an extension of the combat mission against the Islamic State of Iraq and the Levant (ISIL) group.

Jason Kenney, speaking on CBC's Power and Politics, echoed Prime Minister Stephen Harper's comments in saying that "all options are on the table" when it comes to opposing Russian interference in eastern Ukraine but was more specific on the issue of training.

He said: "If there is consensus that we could play a role in terms of training, we would be open to doing so, but no decisions have been taken."

The commander of the U.S. Army Europe, Lt.-Gen. Ben Hodges, said Wednesday a battalion of U.S. soldiers would train three battalions of Ukrainians from the Interior Ministry at the Yavariv training centre in the western Ukrainian city of Lviv.

The training won't begin until March, but Hodges said it will teach the Ukrainians how to better defend themselves against "Russian and rebel artillery and rockets."

The six-month combat mission against ISIL expires by late March, and Kenney, who was appointed this week to the portfolio, says the Conservative government hasn't made up its mind whether to extend it or ask Parliament for a different mandate — or even if an extension would be put before MPs.

The decision to go to war in Canada is the exclusive domain of the federal cabinet, but the Conservatives have made it practice to consult the House of Commons.

THE CANADIAN PRESS

Quoted

"If there is consensus that we could play a role in terms of training, we would be open to doing so, but no decisions have been taken."

Defence Minister Jason Kenney

Meanwhile in the U.S.

Obama asks for fresh war powers

U.S. President Barack Obama declared Wednesday that the U.S.-led military coalition will succeed in destroying ISIL, as he asked Congress for fresh war powers. Speaking at the White House, Obama said the draft authorization he sent Congress earlier Wednesday does not call for the deployment of ground forces. He said that would not be necessary to fight ISIL, although he left open the possibility he could deploy special forces in limited circumstances.

"Our coalition is strong, our cause is just and our mission will succeed," Obama said, adding that this does not mark the "authorization of another ground war, like Afghanistan or Iraq."

THE ASSOCIATED PRESS

Retrial set to begin for Canadian journalist

In this May 2014 file photo, Canadian-Egyptian Mohamed Fahmy, acting Al Jazeera bureau chief, talks to the judge during his trial on terror charges in Cairo, Egypt. Fahmy is bracing for a return to a cage in a Cairo courtroom where his retrial is set to begin on Thursday. A lawyer for the journalist, who has been in prison for more than a year on terror-related charges, is expected to ask that he be deported to Canada. Fahmy and his two colleagues — Peter Greste and Baher Mohamed — were arrested while working for Al Jazeera English in December 2013.

PHOTO: THE ASSOCIATED PRESS/THE CANADIAN PRESS; TEXT: THE CANADIAN PRESS

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Born in withdrawal

Prescription drugs. A 2011 baby 15 times more likely to be born addicted to painkillers than in 1992: study

The number of babies born with symptoms of opioid withdrawal because of their mother's use of the medications has jumped 15-fold in Ontario over the last two decades, reflecting increased prescribing of the potent and addictive painkillers, researchers say.

Most of those babies were born to women who were prescribed an opioid such as codeine, oxycodone or morphine by their doctors, both before and during pregnancy, says the study published Wednesday in the journal CMAJ Open.

Researchers found that the rates of newborn withdrawal — called neonatal abstinence syndrome — in Ontario grew from about 0.3 per 1,000 live births in 1992 to 4.3 per 1,000 in 2011.

"That's a big increase," said principal researcher Dr. Suzanne Turner, a family physician at St. Michael's Hospital in Toronto who specializes in providing obstetrical care for women with addictions.

Over the 20-year period, data showed there were almost 3,100 infants born in the province suffering symptoms of neonatal abstinence syndrome, which mimic those in adults going through withdrawal from an opioid.

However, the largest proportion of babies with the syndrome — 1,901, or almost two-thirds — occurred in the last five years of the study, a period when prescribing of opiates like oxycodone for pain was on the rise.

Almost half of the infants were born to women who were eligible for publicly funded prescription drugs at the time of delivery, anonymized prescription records show. The women had been prescribed an opiate at various time periods, ranging from one or two years before delivery to 100 days before delivery.

Infants experiencing postnatal withdrawal are often irritable, cry more, and can have vomiting and diarrhea, all of which can affect weight gain and put them at risk for seizures if the condition is not identified.

"This is a treatable condition. If the babies get morphine, which is typically the standard of care ... they're not in withdrawal and then we slowly wean (them off) that dose of morphine over time," said Turner.

Still, having a newborn in the nursery or in the neonatal intensive care unit for two or three weeks can be stressful for families, Turner said, suggesting that preventing addiction by using alternative pain-relief therapies when possible would pay dividends for both mothers and their babies.

As well, women should be counselled that the use of any opioid during pregnancy can cause neonatal withdrawal, especially since unplanned pregnancies are common among women with addictions, she said.

THE CANADIAN PRESS

Winnipeg kart racer breaks world record

Winnipeg kart racing champion Daniel Burkett, 19, unofficially broke the Guinness Book of World Records record for the greatest karting distance covered on an indoor track in a 24-hour period Wednesday with a final tally of 745.7 km at Speedworld Indoor Kart Track in Winnipeg. The previous record was 732 km. Burkett's record-setting run raised money for KidSport. SHANE GIBSON/METRO IN WINNIPEG

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Boko Haram revels in Chibok kidnappings

#BringBackOurGirls.
Girls who have escaped from the extremists describe conditions

When Islamic extremists snatched more than 270 girls from the Chibok boarding school in Nigeria in the dead of night, protests broke out worldwide. The U.S. pledged to help find them, and the #BringBackOurGirls hashtag was born.

Some 10 months later, most are still missing. The Boko Haram extremist group sees the mass kidnapping as a shining symbol of success and has abducted hundreds of other girls, boys and women. The militants brag to their new captives about the surrender of the Chibok girls, their conversion to Islam and their marriage to fighters.

"They told me the Chibok girls have a new life where they learn to fight," says Abigail John, 15, who was held by Boko Haram for more than four weeks before escaping. "They said we should be like them and accept Islam."

The kidnappings reflect the growing ambition and brazenness of Boko Haram, which seeks to impose an Islamic state across Nigeria, Africa's most populous country. Some 10,000 people have died in the Islamic uprising over the past year, compared to 2,000 in the previous four years, according to the U.S. Council on Foreign Relations.

John was among three girls interviewed by The Associated Press who recently escaped from Boko Haram. While their stories could not be independently verified, they were strikingly similar, and all spoke of their captors' obsession with the Chibok girls.

The kidnappings of the Chibok girls in April brought Boko Haram to the world's attention in a way the group could not have imagined. The hashtag #BringBackOurGirls was tweeted more than 480,000 times globally in early May, and U.S. first lady Michelle Obama held it up in a sign to television cameras. She said at the time, "In these girls, Barack and I see our own daughters.... We can only imagine the anguish their parents are feeling right now."

In this photo taken Jan. 31, 2015, Dorcas Aiden, 20, speaks to a journalist in Yola, Nigeria. Aiden was one of the 270 girls caught in Boko Haram's siege of the Chibok boarding school in April. LEKAN OYEKANMI/THE ASSOCIATED PRESS

On Wednesday, Nigerian President Goodluck Jonathan again promised the girls will be brought home alive, saying he is "more hopeful" about their fate now that a multinational force is being formed to fight Boko Haram.

Dorcas Aiden, 20, was another of those caught in Boko Haram's siege. She had finished high school and was living at home when the war came to her village. Fighters took her to a house in the town of Gulak and held her captive for two weeks last September.

The more than 50 teenage girls crammed into the house were beaten if they refused to study Quranic verses or conduct daily Muslim prayers, she says. When the fighters got angry, they shot their guns in the air. Aiden finally gave in and denied her Christian faith to become Muslim, at least in name, she says.

One day, the fighters stormed into the room where she was kept locked up with a dozen other girls. They showed a video of the Chibok girls, dressed in hijabs, with only their faces visible through their veils. Aiden says she was so overwhelmed that she cried.

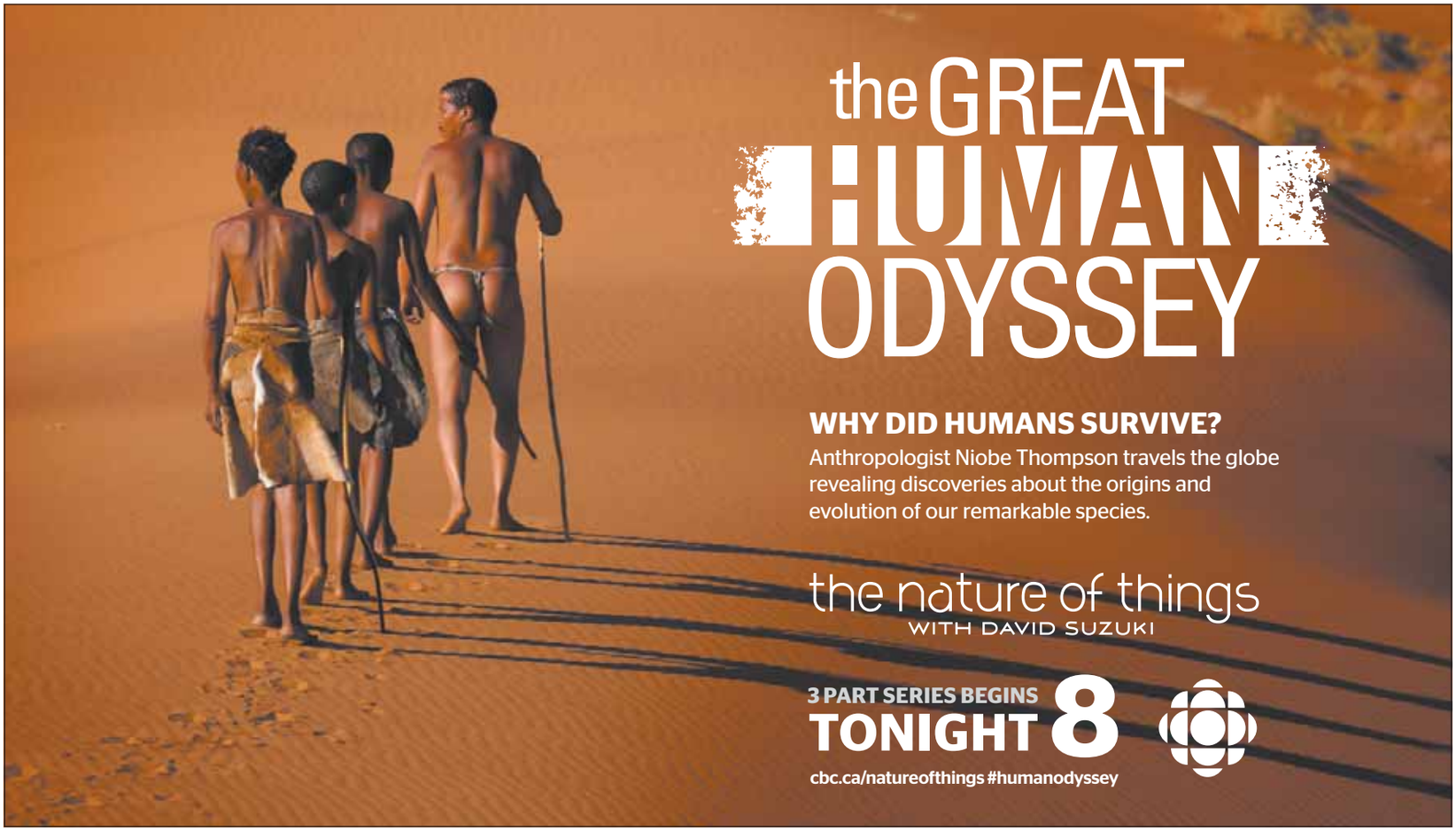
The fighters said the Chibok girls were all Muslims now, and some were training as fighters to fight women, which Boko Haram men are not supposed to do.

Aiden says the insurgents threatened to break the legs of any girl who tried to escape, but she and six others ran anyway. As she made her way through abandoned farm fields, she noticed that Boko Haram had filled about 10 other houses with kidnapped girls and women.

THE ASSOCIATED PRESS

Forced marriage

"I said, 'No, I will not marry you.' So he pulled out a gun and beat my hand."
Dorcas Aiden, 20, one of the 270 girls abducted by Boko Haram last spring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U.S. Congress approves Keystone XL

Oil industry. Vote was 11th attempt by Republicans to advance the controversial project

The Republican-controlled United States Congress approved a bill Wednesday to construct the privately funded Canadian Keystone XL oil-pipeline project, setting up a confrontation with President Barack Obama, who has threatened to veto the measure.

The House voted 270-152 to send the bill to the president, endorsing changes made by the Senate that stated climate change was real and not a hoax and that oilsands should no longer be exempt from a tax used to clean up oil spills.

Only one Republican, Michigan Rep. Justin Amash, voted against the measure, while 29 Democrats backed it. But neither the House nor the Senate has enough votes to overcome a veto, the first of many skirmishes between the Democratic White House and Republican Congress on energy and environmental policy.

Supporters were already strategizing on how to secure the pipeline's approval using other legislative means.

Republicans and the oil industry have argued the $8-billion US infrastructure project is about jobs and boosting energy security, by importing oil from a friendly neighbour and shipping it to domestic refineries.

Democrats, and their environmental allies, have characterized it as a gift to the oil industry that would worsen global warming and subject parts of the country to the risks of an oil spill, with little economic benefit because the oil and its refined product would be exported abroad.

The pipeline would connect Canada's oilsands with Gulf coast refineries that specialize in processing heavy crudes. THE ASSOCIATED PRESS

Quoted

"The president needs to work with Congress in a bipartisan way and approve the Keystone XL pipeline project."

Sen. John Hoeven of North Dakota, the chief Republican sponsor of the bill in the U.S. Senate

U.S. Sen. John Hoeven, the chief Republican sponsor of the bill in the Senate THE ASSOCIATED PRESS FILE

Walmart Canada. Retailer expands as U.S. rival pulls out

Walmart Canada says it plans to expand seven stores and open two new ones this fiscal year.

The retailer will also convert 20 of its stores into supercentres by adding a grocery section.

Walmart Canada estimates the cost at $230 million, with an additional investment of $75 million to expand its distribution network and $35 million on e-commerce initiatives.

The news comes after U.S.-based retailer Target announced it is pulling out of Canada and will be shutting down all 133 of its Canadian stores.

Target acquired the leases from retailer Zellers back in 2010 and has said it will work with an adviser to sell them.

The expansion will bring Walmart Canada's store count to 396 by the end of January, 2016, consisting of 309 supercentres and 87 discount stores.

"Our mission is to provide multiple access points for customers to save money," said Wal-Mart Canada president and CEO Dirk Van den Berghe. THE CANADIAN PRESS

Market Minute

DOLLAR
79.11¢
(-0.42¢)

TSX
15,151.50 (+38.98)

OIL
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Natural gas: $2.797 (+12.0¢)
Dow Jones: 17,862.14 (-6.62)

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Target Canada

Judge clears deal with landlords

An Ontario judge has given the green light to a compromise between Target Canada and its landlords over properties the retailer will soon leave vacant. The revised agreement gives Target Canada until the end of June to sell its store leases. If the leases aren't sold by then, the rights will be returned to the landlords.

Meanwhile, Target Corp. is laying off 720 employees across its global operations as it makes changes linked to its failed roll out in Canada.

The Minneapolis, Mn.-based company said it has told 550 workers in Minnesota they will be losing their jobs — with about 350 of those cuts effective immediately. Another 170 staff members based at its technology centres in India will be "eliminated over time," the company added. THE CANADIAN PRESS

Anti-corruption law

New rules tough on Public Works

Recently toughened rules that block Canada from doing business with companies that commit crimes anywhere in the world have put the federal government's main buyer of goods and services in a bind.

The Public Works Department has 66 contracts worth around $377 million with HP Canada — whose Russian sister company pleaded guilty in a U.S. court last September to bribing Russian government officials for a contract. HP Russia was fined more than $58 million US. THE CANADIAN PRESS

Alaska leaders upset over ban on oil drilling at Arctic plateau

A plateau on the Arctic Ocean floor, where thousands of Pacific walrus gather to feed and raise pups, has received new protections from the Obama administration that recognize it as a biological hot spot and mark it off-limits to future oil drilling.

But the announcement triggered an uproar from Alaska leaders, angry that the federal government was making a decision that they said would harm the state's economy.

"This administration has effectively declared war on Alaska," U.S. Sen. Lisa Murkowski said.

Hanna Shoal rises from the shallow Chukchi Sea and teems with plankton, clams and marine worms that attract walrus and bearded seals. The remote area lies off the state's northwest coast, beyond even sparsely populated subsistence whale hunting towns such as Barrow, the northernmost community in the U.S.

Federal estimates, however, show that the Chukchi and Beaufort seas could hold 26 billion barrels of recoverable oil, and many Alaska leaders are eager to begin drilling in the area to create jobs and fund state government projects and services.

About 90 per cent of Alaska state revenue comes from oil taxes or fees, and with the price drop of nearly $60 US per barrel since April, the state faces a $3.5 billion US budget deficit next year. Leaders in Alaska want to find new drilling opportunities as a way to offset those losses.

Adding Hanna Shoal to four other Arctic Ocean areas that won't be offered for future oil lease sales, came just two days after U.S. President Barack Obama declared he would seek wilderness protection for the Arctic National Wildlife Refuge, including its coastal plain, which holds an estimated 10 billion barrels of oil.

The announcements change very little for current oil exploration. The newly removed section covers about 2,500 square miles. Meanwhile, more than 184,000 square miles of Arctic Ocean territory remain available for future oil leases and exploration. THE ASSOCIATED PRESS

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VOICES

YOU ATTRACTED TO PIGS? NO? NEITHER IS YOUR CRUSH

The nose may indeed know when it comes to attracting a mate, but pheromone potions sold online are sourced from swine, not humans — and they definitely don't work

STEPHANIE ORFORD
readers@metronews.ca

Something's in the air. No, not love. Is that ... pig pheromones?

There are hundreds of "human pheromone" products out there, all claiming that, with a spritz or two, the wearer will become irresistible to potential romantic partners.

If you're thinking of using these to find love this Valentine's Day — don't, cautioned the American Chemical Society on Monday.

The products are tantamount to snake oil. The pheromones they contain, though real, were actually isolated in pigs.

The idea that humans pheromones may attract sexual partners isn't necessarily wrong. Species across the animal kingdom secrete these molecules to signal fertility to prospective mates, among other messages. There's just not enough known about pheromones in humans to make a love potion possible any time soon.

Guys, you're better off just throwing on a well-worn T-shirt.

Since the pioneering "sweaty T-shirt study" in the '90s, evidence has been mounting that women tend to be attracted to the natural smell of guys who are more likely to father healthy kids.

The research has focused on a group of genes that code for MHC (major histocompatibility complex) proteins. These play a major role in immune function. The more diverse a person's collection of MHC genes, the more robust their immune system tends to be.

But what do immune genes have to do with sexual attractiveness?

And it wouldn't kill you to shower less, either

There's just not enough known about pheromones in humans to make a love potion possible any time soon. Guys, you're better off just throwing on a well-worn T-shirt.

Kids' immunity is maximized when they inherit different MHC genes from their fathers than from their mothers.

In other words, when a woman likes the way a man smells, it could mean they'd have healthy kids together.

No fancy pheromone cocktails needed for men or smell-detecting equipment or calculations needed for women. Just follow your nose, ladies.

The area of research is controversial, and results differ between populations and different gender identities and preferences.

Women who are taking hormonal contraceptives, which make the body mimic pregnancy, tend to have the opposite reaction to man-stink, preferring guys with immune genes that are more similar to their own.

Another study showed that gay men reacted to sexy man stink in the same way that women did.

Bottom line?

If you're searching for a partner this Valentine's Day, put down the fake pheromones and trust your judgment. But don't ignore what your nose tells you.

Stephanie Orford is a writer based in Vancouver.

It's our flag-iversary, and I for one am proud

MELISSA DUNNE
readers@metronews.ca

Quick, which symbol best encapsulates Canada: a double-double, a beaver, a moose, maple syrup, a Canada goose, a Canada Goose parka, Drake in a Canada Goose parka, ice hockey, the Toronto Maple Leafs or a red maple leaf on a fall day?

Which of these symbols you like and which you despise depends largely on when you were born and where you live. Not everyone is a fan of the Leafs, but many of us love the maple leaf.

From gas stations to hardware stores to beer companies, the maple leaf is ubiquitous.

This Sunday will mark 50 years since the red-and-white flag we now stand on guard for first officially flew above the Peace Tower on Parliament Hill.

Long before that, it was already central to Canadian culture.

Our unofficial national anthem, written by Alexander Muir in 1867, sung the praises of our "Maple Leaf, our emblem dear."

The tune also talks about God saving the Queen and Britannia's flag. Which was apropos, as until 1965 the Royal Union Flag was the only official national flag of Canada. It celebrated our past.

However, by the early '60s, Prime Minister Lester B. Pearson knew it was time to look to the future. The possibility of having our very own national flag sparked what was dubbed The Great Flag Debate among politicians.

The people also got a say. Close to 6,000 designs were sent to Ottawa. Beavers made it on to many of the designs; not sure we'd want to be known worldwide for our passion for beavers.

Fans wave the Maple Leaf before Canada's men's hockey game against Team USA at the 2010 Winter Olympic Games in Vancouver. This Sunday will mark 50 years since the flag first officially flew on Parliament Hill.

RYAN REMIORZ/THE CANADIAN PRESS

Canada geese (yes, those aggressive birds who leave green poop everywhere) were suggested, too. One very cheeky entry featured the four Beatles, with a fleur-de-lis at the centre. Britain's Union Jack was a part of many designs.

Thankfully, our flag does not have another country's flag on it, beavers, geese or the Fab Four.

Yes, I was born in Dublin, so some will automatically discount my view. But I have lived here most of my life, and as a dual Irish-Canadian citizen, I bleed red, white and maple, thank you very much.

IMHO, our flag with a maple leaf at its heart is truly the perfect symbol for the True North strong and free.

So raise up your cup of Timmies this weekend and cheers to the Maple Leaf Forever!

Melissa Dunne is a freelance writer based in Toronto.

We stand on guard for ... beavers? The Beatles? A few rejected Canadian flag designs

metro

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Forte SX shown[‡]
HWY / CITY 100KM^ : 5.3L/8.0L

from $24 weekly for 62 payments | 0% financing for up to 84 months | $0 down payment[Δ]

$24 weekly payment includes $1,500 Half Price Payments Credit. Payments based on 2015 Forte LX MT (FO541F) 84-month financing. After 62 weekly payments at $24, weekly payments increase to $48[Δ]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§]

2015 OPTIMA LX AT

Optima SX Turbo shown[‡]
HWY / CITY 100KM^ : 5.7L/8.9L

from $36 weekly for 28 payments | 0% financing for up to 84 months | $0 down payment[Δ]

$36 weekly payment includes $1,000 Half Price Payments Credit. Payments based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at $36, weekly payments increase to $73[Δ]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§]

2015 SORENTO LX AT

Sorento SX AT AWD 7-Seat shown[‡]
HWY / CITY 100KM^ : 9.0L/12.7L

from $39 weekly for 50 payments | 0% financing for up to 84 months | $0 down payment[Δ]

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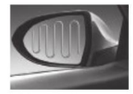
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Gossip

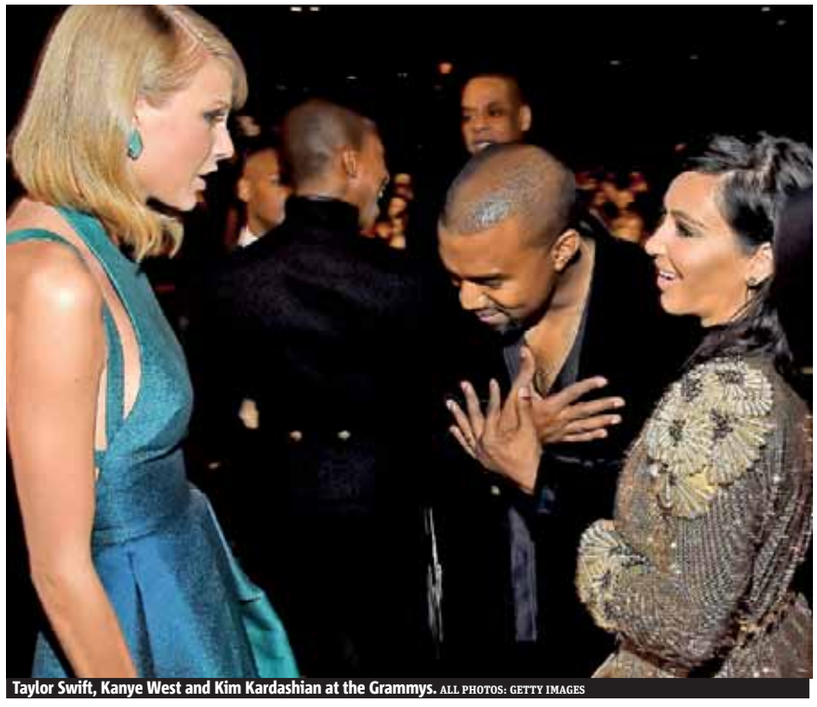
NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Redmayne researching trans role

Redmayne

Never accuse presumptive Oscar front-runner Eddie Redmayne of not being committed to his work as an actor. Case in point: The Theory of Everything star is reportedly deep into preparations for an upcoming film, The Danish Girl, about the first transgender woman to undergo reassignment surgery back in the '30s. And just how is he preparing? The British actor "is literally walking around in heels and wearing his wife's clothing," a source tells Radar Online.


Taylor Swift, Kanye West and Kim Kardashian at the Grammys. ALL PHOTOS: GETTY IMAGES

From dis to duet? Kanye hints at Taylor Swift team up

Everyone's favourite level-headed cultural critic called into Ryan Seacrest's radio show yesterday to clear a few things up about the Grammys — and to hint at a super-powered pop team-up that may be in the works. Taylor Swift "wants to get in the studio and we're definitely going to do that," West teases. And he also says Swift is something of a trouble-maker when it comes to him interrupting Beck's acceptance speech: "Taylor Swift came up to me right afterwards, literally right afterwards, and tells me that I should have went on stage. This is the irony of my life," he says.

It wasn't just Swift, either. "Right when that happened, everybody was looking at me, then people started (chanting my name)," he explains of his Grammys stage-rush. "OK, this didn't really happen, those were voices in my head." So, it's official. The voices made him do it. As for why he keeps rushing the stage on Beyoncé's behalf instead the singer herself? "I believe she didn't move and run to the stage because she's a respectful individual," he explains. "But because she's so successful, a lot of times success disables your ability to communicate exactly what the f– you want to say." So … yeah.

But he doesn't want people to think he was saying Beck isn't a great artist. "When I said that thing about artistry, I think it came off the wrong way and that was a miswording on my part. Obviously, Beck is one of the most respected artists and respects artistry," he says. He's also not planning to attend the Grammys next year unless some major changes to the voting system "to be more in accord with the popular vote."

He also has some things to say about the fashion world and breaking down class barriers and punking rich folks and what he talks to Obama about.

Worth a listen.

Ansel opens up about love, again

If I were Ansel Elgort's high school girlfriend, I might want to sit him down and have a talk about how every little facet of our relationship doesn't need to be discussed with major monthly magazines. The Fault in Our Stars is voluntarily opening up again about his reignited romance with Violette Komyshan, this time to Details. "I knew something was missing, and I was like, 'Oh, that's love.'"

In related news, I think Elgort should stop doing interviews, because the sheen is wearing off his public image. What started a year or two ago as a refreshingly refined "aw shucks" antidote to the usual parade of bratty young stars is morphing into some sort of pretentious platitude-spouting jerk-face. Take quotes like this one — from the same interview — about his career goals: "I want to buy a house now, so I can have my place and not worry about money. Then I can do plays. Do Broadway, make whatever movie I want and not feel like, 'Well, I have to pay a mortgage and take this job and that job.' The minute you start thinking, 'I don't want to do that, but it'll make me money,' is when you start f-king yourself. I don't want money to ever drive my career. I want my career to be driven by what I want to do in art." Oh, Ansel.

Ansel Elgort

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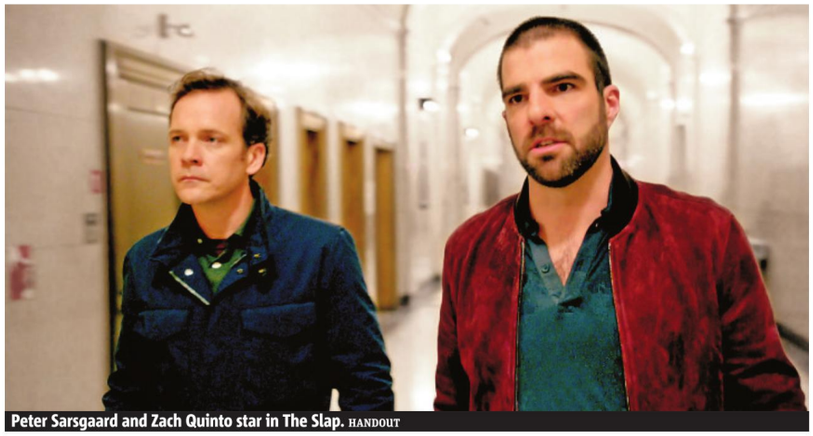
SHOPPERS DRUG MART

The Slap a star-powered study of consequences



Peter Sarsgaard and Zach Quinto star in The Slap. HANDOUT

TV. Eight-episode series examines the aftermath of a moment of discipline

LISA WEIDENFELD
Metro in New York City

The Slap represents a new step for NBC. The hour-long show is a drama based on an Australian program, but it's a limited episode run, with only eight shows in its season, and a serious list of prestige players took part. The Kids Are All Right director Lisa Cholodenko directed every episode, playwright Jon Robin Baitz wrote it, and the show stars Peter Sarsgaard, Thandie Newton, Zachary Quinto and Uma Thurman. The action centres around a group of Brooklynites whose urbane existence is shaken up when one of them (Quinto) slaps another's misbehaving child at backyard barbecue.

Asked what it's like playing the person at the heart of the action, Quinto says, "It's only the centre of the controversy because it's the incident. There are so many other things that are happening and there are so many other levels of complexity in each of these characters. They all have their own epicentre of disaster in their lives."

The series examines ideas of parenting in America, always a heady topic, as there's a clash between the Greek immigrant family on one side of the debate, and the longtime U.S. residents on the other. Is the slap child abuse, or an accepted mode of discipline for a rowdy child? Despite the fact that these are all people who are close enough to attend a party together, Quinto says the characters will "very clearly" divide into camps, but on a broader scale, he hopes audiences are more torn.

"I think if it works, there'll be a lot of going back and forth," says Quinto.

"I like to hold a mirror up to the audience and I like for them to take responsibility for their feelings and their thoughts and their beliefs."

It's a new direction for Quinto, who many audiences know from his work as Spock or as the villainous Sylar on Heroes.

"I was thrilled to get the opportunity to do this. I've known Robbie (Baitz) for years. I'm a big admirer of his work," says Quinto.

"I'm drawn to things that invite an audience in and light a little bit of a fire to generate some discourse, dialogue, debate, and it doesn't give the audience the answer. There's no clear-cut point of view with this story and I like that."

Genre hero

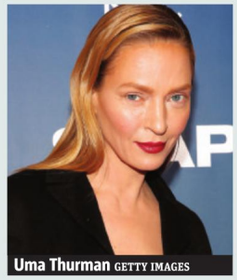
- **Though Quinto is making the change from genre to a more straightforward drama, he's still getting into trouble.** "(My character) Harry is arguably the villain of the series, but in a very human way, so for me it was about getting into a world that was not elevated or supernatural or science fiction. This is a very human world. So now that I've had the opportunity to do that, I feel a sense of closure on the sort of villainous aspect of my persona."
- **Just how goofy can Quinto get?** He says he's "looking forward to a future of varied opportunities," and jokes that what's coming next will be "some lighter fare."

Uma, is that you?

A change of face for Thurman

You might just have to take our word for it that you're looking at a photograph of Kill Bill star Uma Thurman, who hit the red carpet for NBC's The Slap looking nearly unrecognizable. Her minimal makeup look seems like a perfect opportunity to illustrate just how much of a difference eyeshadow and eyeliner can make. Seriously, it's remarkable. Or maybe it's just the contrast between the very red lipstick and the nearly makeup-free eyes. Or the lack of distinctive bangs. Or the fact that she didn't really feel like smiling.

NED EHRBAR / MWN



Uma Thurman GETTY IMAGES

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By the end of the year, we're going to need a new Daily Show host, and it seems like the Internet is already rallying around Parks and Recreation star Amy Poehler. But that doesn't mean she's the only great option to take over for Jon Stewart. We've got some other ideas.

NED EHRBAR
With files from The Associated Press

5 Folks to fill Stewart's shoes

Amy Poehler

First off, why not Poehler? Her show is ending, so she could use a new regular gig. She's got the perfect comic persona for the venue, and getting behind the desk in New York would be a lovely return to her Saturday Night Live and Upright Citizens Brigade roots.

Jessica Williams

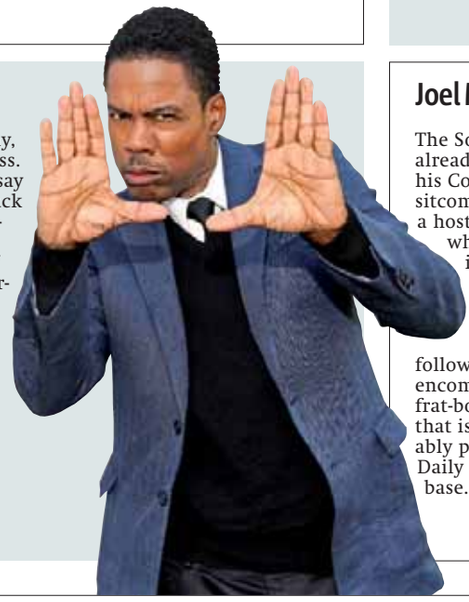
How about helping one of the show's fastest rising stars rise even faster? Williams has been turning in some of the show's most important work since joining the team, and that could drive the future tenor of the show and help keep it relevant.

Seth MacFarlane

He's a writer, performer and singer who can summon the juvenile glee, if not the artfulness, that Stewart employs to leaven the angst. And he could bring a sidekick — his devilish movie creation Ted the teddy bear.

Chris Rock

Brilliantly funny, certainly fearless. He wrote an essay about being black in an entertainment industry that is "kind of racist" in its hiring practices — although he said he wasn't being political at all, adding, "that's Stewart, that's (Bill) Maher."



Joel McHale

The Soup host already balances his Community sitcom role with a host gig, so why not step it up? He's quick-witted, lovable and has a following that encompasses the frat-boy demo that is undeniably part of the Daily Show fan base.

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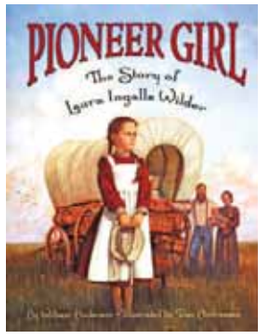
New Ingalls Wilder book shows reality of prairie life

Sleeper hit. Popular autobiography from Little House on the Prairie author reveals a hard and violent life



The autobiography of Little House on the Prairie author Laura Ingalls Wilder has become a surprise publishing hit in America, with buyers rushing to snap up the candid account of pioneer life.

First published in November by the tiny South Dakota Historical Society Press, Pioneer Girl depicts an unglossed view of the 19th-century Midwest, a marked departure from the bucolic imagery of the Little House series.

The book "is Laura Ingalls' very first draft before it was edited and romanticized," the press's director Nancy Tystad Koupal told AFP.

"We decided to keep this version, because it was as close to the original story of the 19th-century pioneers. We wanted to show, in a sense, a behind-the-scenes of The Little House."

Wilder first wrote the book in 1930 and it has been annotated by Pamela Hill Smith, who researched all the places and dates Wilder mentioned.

In Pioneer Life, Wilder details 16 years of travels by her family through an array of Midwestern states including Kansas, Missouri, Wisconsin, Minnesota and Iowa.

Wilder's recollections formed the basis of the Little House books that were published between 1932 and 1943.

Whereas the series of 11 volumes paints a fairly innocent picture of pioneer times, Wilder's autobiography bears witness to a less glossy reality.

"At the time, life was hard. Violence was typical. It was part of the pioneers' life," Koupal said. Koupal says the Ingalls family was in poor financial shape, with little cash and they didn't own a home. Instead, they lived in apartments that Laura's father couldn't always pay for.

"They had to flee in the middle of the night to avoid paying rent," Koupal said.

Wilder's books were adapted for television in 1974 by Michael Landon — who also starred on the show. It ran for nine seasons, comprising more than 200 episodes.

The book has soared up the Amazon bestseller list, and for a short while last week eclipsed even American Sniper for the top spot. An initial print-run of 15,000 was sold out within a few weeks. The historical society then placed orders for another 15,000 followed by another 45,000 books. Sales really took off after NPR and other U.S. media outlets drew attention to it. AFP

Uncensored

Many elements in Pioneer Girl were edited out of adaptations because they were considered too violent. In real life, Laura Ingalls took care of a sick woman whose drunk husband tried to rape her. The author only escaped by fighting back.

Jack Kerouac CONTRIBUTED

Collection

New Kerouac material set to be released

A Canadian publishing house will release previously unseen texts by On the Road author Jack Kerouac after striking a deal with his estate.

The collection will include a novella that is different from — but also titled — On the Road (Sur le chemin) — a defining work of the postwar Beat and counterculture generation.

Also published will be the beginning chapters of an unfinished novel titled La Nuit est ma femme. AFP

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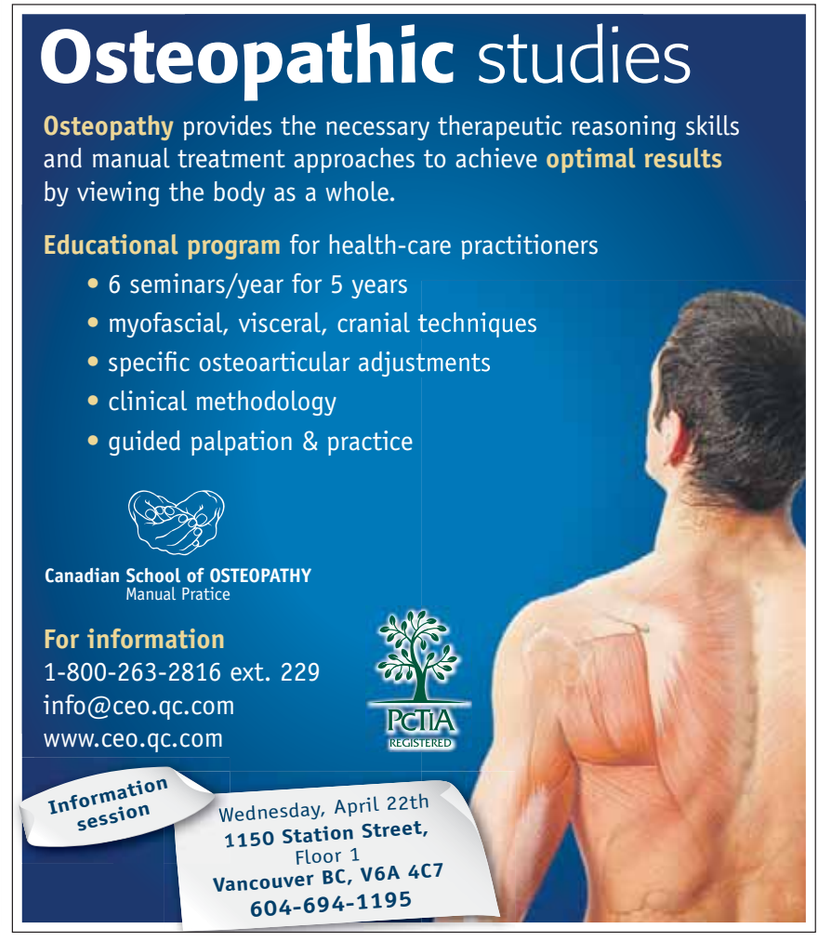

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Get suited up in sexy, Grey style

Style. Costume designer Mark Bridges encourages all men to take on 50 shades of the sharpest dressers

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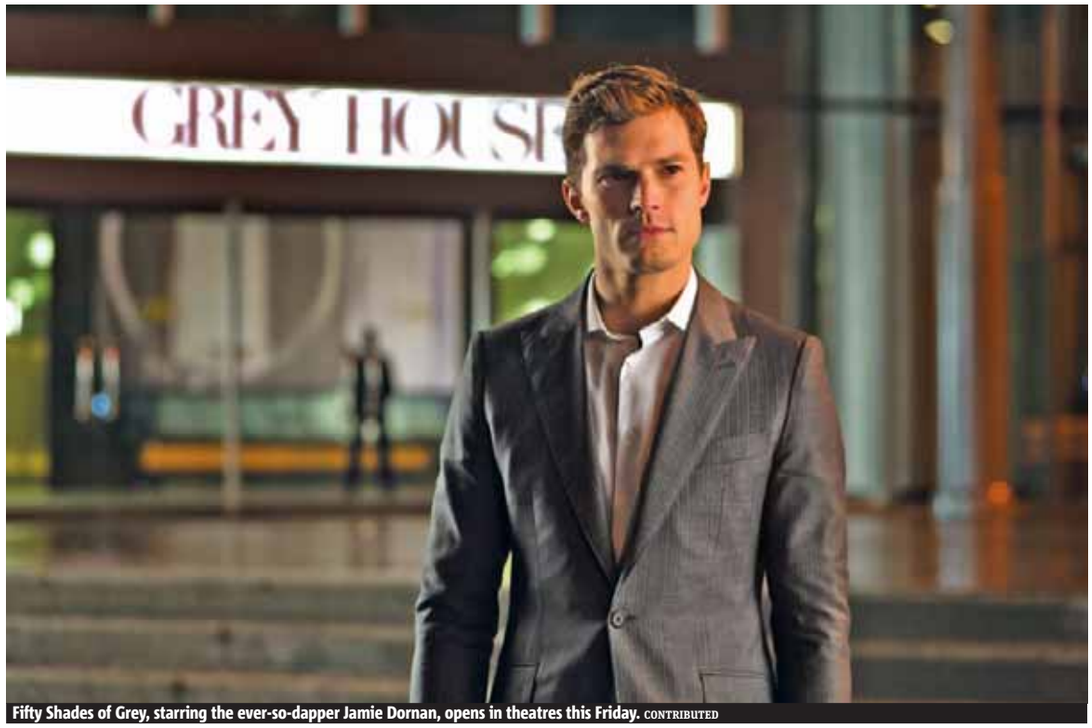

Fifty Shades of Grey, starring the ever-so-dapper Jamie Dornan, opens in theatres this Friday. CONTRIBUTED

Who doesn't love a man in a stylish suit?

Fans of Jamie Dornan (cast as Christian Grey) hope to see him shirtless for most of Fifty Shades Of Grey, but his outfits also give away a great deal about his character.

"He starts with a grey suit which gives him a protective formality and as he falls in love with Anastasia Steele, we see him soften and become a regular guy — granted he is in a Bottega Veneta windbreaker — but he becomes a little more down-to-earth. His wardrobe is echoing from the outside what is happening on the inside," explains the film's costume designer Mark Bridges.

The Oscar-winner continues: "His clothes reveal that he likes fine things and has the ability and the money to pay for them. Even his T-shirts are Swiss cotton, He has become accustomed to having the most comfortable and luxurious stuff."

To give the impression of timeless quality, Bridges chose one-button suits with a single breasted peak lapel.

"It's in the vernacular of suit making, but you don't see it very often — it's usually reserved for private tailoring. There are two signals from the earlier days of menswear, so I tried to revive some classic details, while still having very natural shoulders, slim sleeves and contemporary pants," he says.

Bridges, who is nominated at this year's Academy Awards for Best Costume Design for his work on Inherent Vice, reveals he had some famous people in mind to help him create Christian Grey's style.

"I looked at some sports figures … young stylish men like David Beckham and David Gandy who show up on best-dressed lists. These guys have access to all the best clothes and always look like a million bucks. But they still look masculine and effortless; it's never foppish or overdone — they just know how to rock it."

The racy book trilogy reportedly had an impact on sex-toy sales, but Bridges hopes Grey's sense of style could also have consequences on men's wardrobes.

"I think there is this burgeoning attention to tailoring at the moment. I've been impressed lately at some functions I have been to in Hollywood where young men, who aren't stars, make their best effort to look really good.

"And maybe Christian Grey will push that further and encourage people to look even more immaculate and a little less frumpy."

Focus on the fit

Grey might go for Charvet neckties, a Dolce & Gabbana leather jacket, Ralph Lauren boots and Malo cashmere, but Bridges points out that the key element to Grey's style has nothing to do with famous brands.

"I've had a lot of women come up to me asking, 'How can I make my boyfriend look like Christian Grey?' and I was like 'Hmm … get him a tailor'," he chuckles.

Quoted

"I've been impressed lately at some functions I have been to in Hollywood where young men, who aren't stars, make their best effort to look really good."

Mark Bridges
Costume designer for Fifty Shades of Grey

* Source: jobbank.gc.ca

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Style. Put your best foot forward with runners ready for the runway

Trainers are among this season's most desirable footwear. For several years now, sportswear's fave shoe has been bringing much-needed street cred to Paris's longest surviving fashion brands. Both Raf Simons at Dior and Karl Lagerfeld continue to punctuate their silhouettes with a fitness twist. Far from making you look slouchy, the latest trainers make you want to walk tall. After last year's Stan Smith revival, spotlighting Adidas' white tennis shoe, in 2015 the deluxe trainer is embracing maximalist fashion in a big way

Take Dior's heavily embellished Fusion sneakers where craftsmanship meets the urban world of the house's creative director Raf Simons. Unlike many designers channelling the lacing trend this spring, Simons abandoned the idea of laces, favouring an easy slip-on model adorned with hand-embroidered flowers as a tribute to Christian Dior's fascination with all things floral.

AFP

Sneakers from top to bottom: Christian Dior, Shourouk, Christian Dior and Chanel. CONTRIBUTED

Canadian street style

Name: Ariane

Age: 31

Occupation: Model, sales and marketing director

What she's wearing
Shawl from Winners, vintage sweater, Joe Fresh jeans, Tabitha Simmons boots, Velvetine purse from Zane, Ray Ban Sunglasses.

Her inspiration
"I like a mix of classic and current. I am also really into menswear for women and combining high-end looks with casual pieces and vice versa."

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Style. Karl Lagerfeld to launch collection for pint-sized fashionistas

Fashion's most influential and most respected designer is adding another string to his bow with a clothing line for kids, launching Spring 2016.

The Karl Lagerfeld brand will introduce two seasonal junior collections per year, featuring apparel and accessories for newborns through to 16-year-olds.

Most designers would have their work cut out for them if they had to produce eight collections a year for Chanel, along with a host more for Fendi. Not to mention menswear and premium fragrances for his namesake label, but there is simply no stopping Karl Lagerfeld.

By expanding the range of his eponymous brand to include junior-sized designs, Lagerfeld gives a whole new meaning to the concept of downsizing.

His first kidswear collection will retail worldwide through a global licence agreement with Groupe CWF — an international leader in luxury children's fashion — with key markets including Europe, the Middle East and Korea.

"The Karl Lagerfeld kidswear collection presents a unique opportunity to share our cool, iconic DNA with a wider audience," said Pier Paolo Righi, CEO and President of the Karl Lagerfeld brand.

AFP

Karl Lagerfeld. AFP

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Spending time with your love

Get outdoors with your partner this Valentine's Day. Something as simple as skating, hiking, or a picnic can be an inexpensive bonding experience. SHUTTERSTOCK

Kick things up. It falls on a Saturday, so why not plan something adventurous?

TANYA ENBERG
For Metro

For some, Valentine's Day is a magical time of romance. For others, it is fraught with stress, sending them into high-pressure panic mode.

If you're feeling more fizzle than sizzle, get back on track with these fun ideas for Feb. 14.

With Valentine's Day falling on a Saturday this year, there is opportunity for greater flexibility — and the chance to finally kick the rushed dinner-reservation rut to the curb.

"Go to a live concert, a symphony orchestra, go ice skating and have hot chocolate after," Toronto-based relationship expert Kimberly Moffit said.

"Try doing a little road trip together and check out a diner and the local shops — stuff that is memorable."

For something free or inexpensive, head outside and make snow angels, take a walk under the stars or choose a new recipe and make a home-cooked meal together.

"With a lot of couples, we're at home sitting on the couch every day," Moffit said. "Valentine's Day is a chance to change the mundane."

Looking to deepen your connection? Start by getting the heart racing.

"If it's outside of your regular routine — something risky and adrenaline driven — it helps couples bond," Moffit said. "Especially if it's something novel, it's something that really stands out."

More than just thrills, these moments can boost communication.

"New experiences also offer a fresh opportunity to talk about things," Moffit said. "It brings new life in."

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Navigate the romantic waters of gift giving

Presents for your partner. Gifts can reflect many stages of your relationship

TANYA ENBERG
For Metro

Whether you're fresh lovebirds or have been together for years, make sure you send the right message this Feb. 14.

Just met

Giving lavish gifts to a new crush can suggest you're in love before you actually are. "You might only know a few things about each other but if you picked up that they are a Neil Young fan or watched the Muppets religiously as a child and find something related, huge points," said Kelly Flannigan Bos, a relationship expert.

Daters

You're Facebook-official, but don't have a long-term relationship strategy mapped out yet. Relax and have fun! Book couples massages, pop a nice bottle of bubbly or frame a cutesy photo of the two of you.

Newlyweds

Whether your beloved is a budding cook, amateur sommelier, avid reader or adventure junkie, there's a gift for that. Book a cooking class or flying lessons, stock a Kobo with books they'll love, but whatever you do, don't let affections fizzle the rest of the year, said Flannigan Bos.

"Love should be shown all-year round, and you now have other dates of celebration," she said. "I think it becomes disappointing if it is the only time all year to check the commitment or be acknowledged."

Long-term

You've exchanged many Valentine's Day gifts so far, so how do you keep the sentimentality of the day fresh? A thoughtful note or card will make the romantic sparks fly, as will pampering or a carefully curated gift.

"I encourage couples to keep a running list of gift ideas throughout the year to prepare for all occasions," Flannigan Bos said. It's helpful to note the retail websites they peruse and storefronts they browse. "It saves the last-minute uninspired dash."

Been together 40 years? Make the gift personal, like a gift of memories or a trip to an old haunt. SHUTTERSTOCK

40, or more, years together

Celebrate by getting personal. "A fun trip down memory lane: a book of favourite memories, a trip to an old haunt, or have an early picture redone in a new way," said Flannigan Bos. "So many sites have options to make your early wedding picture a blanket, key chain, collage or magnet."

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Sharing is not caring

Common courtesy. You don't have to be kept captive by cold viruses in professional settings

HELEN RACANELLI
For Metro

If a co-worker isn't covering their mouth, turning away, or dry-coughing into their sleeve, it's perfectly acceptable to suggest they do. SHUTTERSTOCK

You know better than to go to work sniffling, hacking and sneezing up a storm.

However, it can be frustrating when your co-workers don't extend the same courtesy. Equally annoying is visiting a shop or bank where the person you are interacting with is contagiously sick.

But you don't have to be held captive by their bugs and viruses in professional settings. Here is how you can take action and still be courteous.

"If a co-worker isn't covering their mouth, turning away, or dry-coughing into their sleeve, it's perfectly acceptable to suggest they do," said Linda Allan, a Toronto business etiquette consultant.

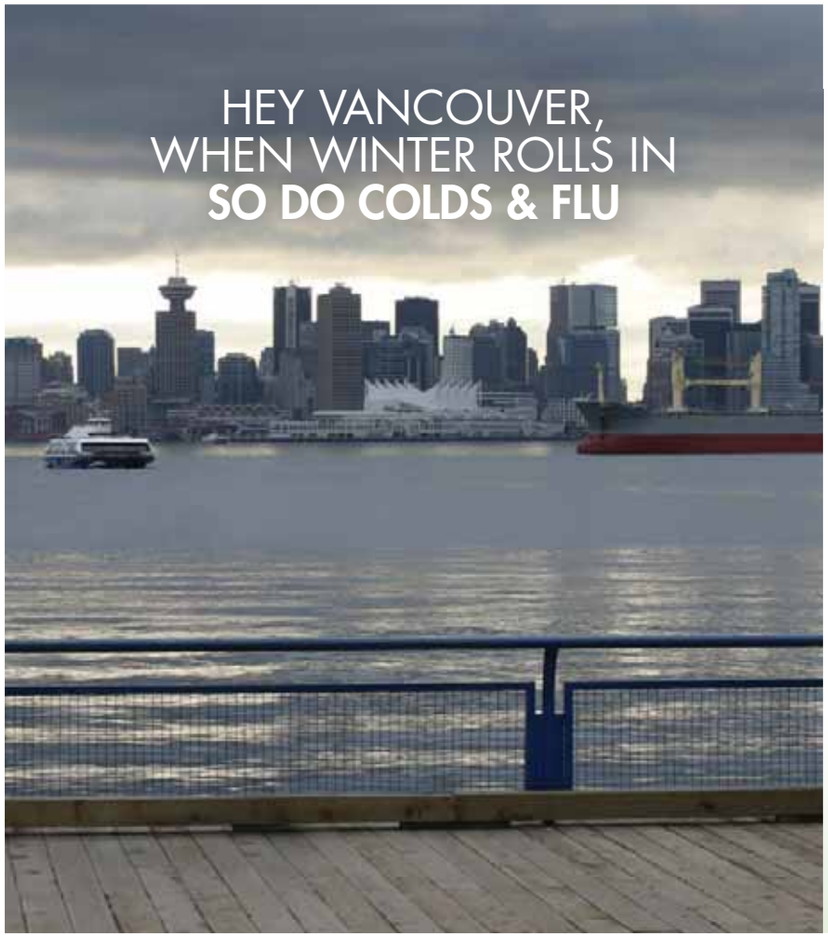
Keep a box of tissue nearby, she said, and don't be shy about extending the box to someone in need. If an ill colleague borrows your pen or stapler, "It's best not to make a comment," Allan said. "Just use sanitizer to clean the object as soon as they've left your office. Or give them the pen."

Not only can you speak up at work, you can broach the topic with sick people you encounter when going about personal business. This really-happened anecdote was posed to Allan. What happens if you are at the bank, the teller coughs all over your cash and hands it to you? There isn't much you can graciously do about the cash itself other than take it and clean your hands after. However, you can say to the teller, politely but on-point, that they seem far too ill to be dealing with the public.

"Nowadays, most of us are very aware that those serving the public should take every precaution to handle things safely and, if they don't, it's perfectly acceptable to nicely tell them," she said.

And while it's tempting to be angry at those who come to work sick, try not to be judgmental.

"Not everyone is in a position to stay home when they're not well," Allan said.



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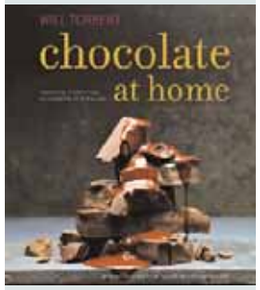
Give boring cheesecake a new identity

Cookbook of the Week

Chocolatiers unite



Will Torrent takes the fear out making your own chocolate it in Chocolate at Home. The book, while covering the history of chocolate, also explains techniques for producing drool-worthy creations.

Among specific recipes are: Classic Champagne Truffles, Maple and Pecan Brownies, Chocolate Waffles with Maple Syrup and Steamed Chocolate Pudding and Custard. METRO

Dessert. Strawberries and basil make this white chocolate version even more unique

"This baked cheesecake is made with white chocolate and cream cheese for a lovely open yet creamy texture," writes Will Torrent in Chocolate at Home.

Ingredients

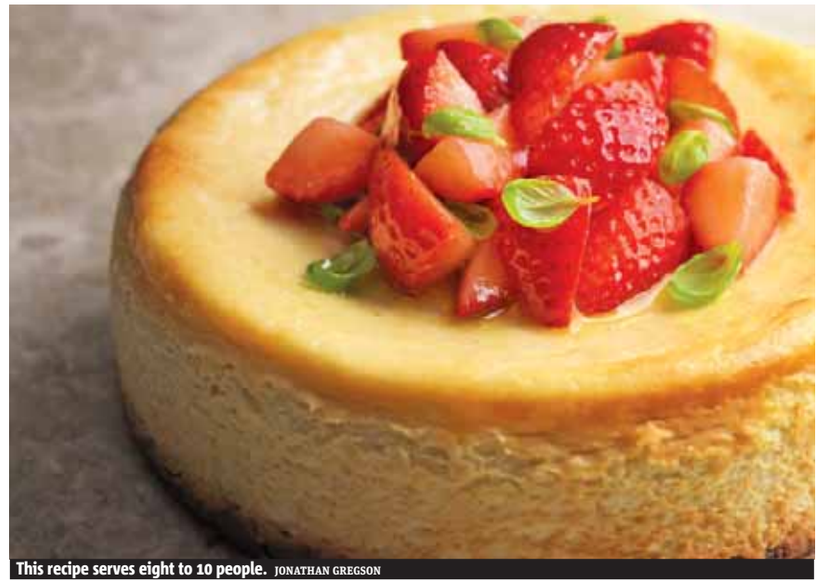
- 175 g (6 oz) plain biscotti
- 75 g (5 tbsp) unsalted butter, melted
- 175 g (1 1/3 cups) white chocolate, chopped
- 600 g (3 cups) full-fat cream cheese
- 3 large eggs
- 300 ml (11/4 cups) soured cream
- 175 g (3/4 cup) caster or granulated sugar
- 1 tbsp cornflour or cornstarch
- 1 tsp pure vanilla extract
- freshly squeezed juice and grated zest of 1 lemon

To serve

- 250 g (2 1/2 cups) strawberries, hulled and quartered
- 1 small bunch baby basil
- 4–5 tbsp fruity extra virgin olive oil

Equipment

- a 20-cm/8-inch round spring form cake pan, greased and lined with baking parchment


This recipe serves eight to 10 people. JONATHAN GREGSON

1. Crush the biscotti in a freezer bag using a rolling pin and tip into a large mixing bowl.

2. Pour the melted butter into the crumbs and stir to combine. Tip the mixture into the prepared pan and press into an even layer with the back of a metal spoon to form a base.

3. Bake on the middle shelf of the preheated oven for 5 minutes. Remove and set aside to cool. Do not turn the oven off.

4. Melt chocolate in a heatproof bowl set over a saucepan or pot of barely simmering water. Stir until smooth and glossy and remove from the heat.

5. Put the cream cheese, eggs, soured cream, sugar and cornflour/cornstarch into a food processor and whizz until smooth. Scrape down the sides of the bowl with a rubber spatula, then add the vanilla, lemon juice and zest and whizz again.

6. Carefully pour mixture into the pan on top of the baked biscotti base. Place on a baking sheet and bake on the middle shelf of the still-warm oven for 40 minutes, or until just set.

7. Remove the cheesecake from the oven and let it cool completely before chilling in the fridge.

8. To serve, mix the hulled and quartered strawberries together with the baby basil leaves and extra virgin olive oil. Heap the drowned strawberries on top of the chilled cheesecake and serve in slices. RECIPES FROM CHOCOLATE AT HOME BY WILL TORRENT RYLAND PETERS AND SMALL, $35.95 CA; RYLANDPETERS.COM

Dessert. Chocolate Mulled Wine

Ingredients

- 750 ml (3 cups) red wine
- 2 cinnamon sticks
- 6 cloves
- 2 star anise
- 1 large sprig fresh rosemary
- 2 bay leaves
- 4 cardamom pods
- 1/2 vanilla pod/bean
- 1 orange, sliced
- 200 g (1 cup) soft light brown sugar
- 250 g (2 cups) fruity dark/ bitter sweet chocolate (I use Saint-Domingue from Cacao Barry)
- 2 tbsp ruby port, optional

1. Pour the red wine into a saucepan or pot set over a low heat. Add the cinnamon sticks, cloves, star anise, rosemary and bay leaves.

2. Lightly bruise the cardamom pods and add them, along with the half a vanilla pod/bean, to the pan with the orange slices. Add the sugar and slowly heat the wine, taking care not to let it boil.

3. Remove pan from heat and set aside 30 minutes to allow the spices to fully infuse with the wine. Add the chopped chocolate to the pan and reheat to just below boiling point, stirring constantly to smoothly melt the chocolate. Add port (if using), mix again and strain into heatproof glasses to serve.

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Pretty in anything but pink

The trend that designers are calling 'the new feminine' isn't a return to an excess of florals, shabby-chic lace and other clichés of feminine decor from a decade ago. Pretty is back, but designers are using traditional florals on furniture with edgy, sleek lines to create modern mash-ups. So how do we pull off this new look to give rooms a beautiful, feminine touch without getting too 'girly'?

THE ASSOCIATED PRESS

Life in aqua — it's fun!

This laundry room is covered in high-energy aqua. Flynn suggests using bold colour schemes in feminine spaces to make them fun. RUSTIC WHITE PHOTOGRAPHY/HGTV.COM/ BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

Contrast is key. Give those curves some edge

Anne Maxwell Foster and Suysel dePedro Cunningham, the designers behind the design firm Tilton Fenwick, suggest layering a feminine room with an eclectic mix of furniture and patterns.

"We love traditional-style upholstery details (like a gathered skirted chair, for example), but aren't afraid to pair it with a clean and modern side table," they said in an email.

New York-based designer Young Huh also emphasizes contrast: "When I think of feminine elements, I turn toward traditional design, such as the curvilinear shapes of Louis VI pieces, floral or other nature-inspired textiles and wallpapers, trims and passementerie, and traditional curtain and furniture making," she says. "But to make the style fresh and modern, make sure the room contains contrasting elements that are edgy, clean and contemporary."

In the navy

"Dark blue and muted pink strike a gender-neutral balance and also create a super preppy vibe."

Brian David Flynn says if your heart is set on pink, pair it with navy blue.

Tame the rustic with tailored accents

If a client wants some shabby chic, Brian David Flynn gives it an eclectic twist. A dining room designed by Flynn gives folk art a more sophisticated spin by pairing rustic elements with clean, tailored accents such as the custom drapery and a soft dove grey wall colour. BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

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Uncommon colour combos

Shake it up!

The Tilton Fenwick designers suggest uncommon colour pairings. "Colour combinations like olive green and turquoise, for example, feel unique and fresh rather than stuffy and dated," they say.

"It allows you to use traditional patterns in fabrics and textiles without feeling dowdy."

Favourite trick: Add black

One of Huh's favourite tricks for giving a feminine room edge is to add black (or another "masculine" colour).

"Paint some moulding black, the legs of a chair, add black trim to traditional chintz pillows and all of a sudden you've made that 'nice girl' look sexy," she says.

A den with a less expected feminine colour scheme of mint green and fire-engine red. BRIAN PATRICK FLYNN/THE ASSOCIATED PRESS

Can't give up florals?

Although an overload of floral patterns will look dated, don't avoid flowers completely if you love them.

- "Florals are a great starting point for a feminine feel" but pair them with a more modern and clean palette, say the designers at Tilton Fenwick.
- They also suggest mixing in "more modern or unexpected furniture pieces, art and accessories — a modern photograph for example — that adds a layer of interest."

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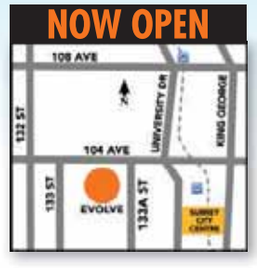

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Crystal clear

Look into your crystal ball. Amerock's Vintage Crystal/ Brass Knob, $16.50 special order, HomeDepot.ca

Double agate

Two halves work together. Agate & Brass Cabinet Pulls, $49 for set of 2, WestElm.com

Amber alert

Traditional Amber Glass Knob, $15, RestorationHardware.com

Bolt from the blue

Water blue in a modern square shape. Square-Cut Glass Knob, $5, UrbanOutfitters.com

Jagged little pull

No two are exactly the same. Crown Quartz Knob, $24 each, Anthropologie.com

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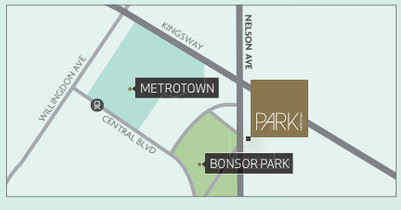

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Show some love for the space you're in

Sure, you could spend this Valentine's Day communing with a value pack of cinnamon hearts and a four-layer box of ganache-filled truffles. Or you could treat yourself to something that will make your home cosier, brighter, and all-around more lovable. That kind of indulgence is sure to last long after the candy is gone and fickle Cupid has flown the coop.

DESIGN CENTRE
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The food of love

From chocolate bread pudding to lobster mac and cheese, indulge on the day of love.
Le Creuset's 2-quart Heart Casserole cherry pan, $225, LeCreuset.ca

Two of hearts

Two separate candlesticks that look like a chandelier when connected — do you see the heart? Kjell Engman for Orrefors Kosta Boda Connect Candlestick Pair, $165, TheBay.com

Red letter

The step stool has been a staple of studies and libraries for the last half-century. Use this one for climbing high to hide those love letters. Milio Step Stool, $70, DWR.com

Slow coffee for lazy mornings

Serve your morning coffee long, slow and dark; one cup at a time. Wood Pour-Over Stand and #4 Cone Set, $46, Starbucks.ca

Pillow talk

Get to the point with that special someone. Expressions Pillow, $59, Chapters.Indigo.ca

Bring the Barry White

From the bubble bath to the bedroom; move those romantic tunes around with you. i.Sound Pyramid Speaker Rechargeable Bluetooth Speaker, $80, Sears.ca

Every trick in this book is a space-saver

Portable furnishings. It looks like a book but expands to suit many decor needs

Our increasingly tight living spaces call for innovative space-saving solutions when it comes to interiors — and what better way to do it than storing your furniture in a book?

"Bookniture" is a furniture concept that looks like a regular hardback when sitting on your shelf, but unfolds into a multipurpose piece that can be used as a stool, footrest, nightstand or table.

Its honeycomb kraft paper structure makes the design resilient enough to hold up to 170 kilograms in weight (around 375 lbs.). The piece itself weighs 1.6 kg, and once unfolded it can be topped with a felt "lid" for extra comfort.

The brainchild of Hong Kong-based designer Mike Mak, Bookniture is currently listed on Kickstarter and can be pre-ordered for $60. It is expected to ship in May. AFP

Don't judge a book by its cover

Available in field brown or leather black, Bookniture is 18 x 33 cm when folded up. It expands to 14 times its original size when in use.

Bookniture can be used as a side table, reading nook, picnic table, footrest or stool. You can stack two to make a desk for your laptop. BOOKNITURE/KICKSTARTER

PREVIEWING SATURDAY FEBRUARY 14TH

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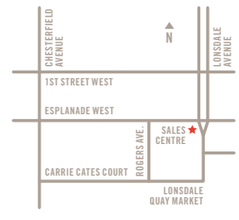

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The sleekest of beaks

Japanese cast-iron studio Kamasada has created this minimalist and stylish bird ornament designed by craftsman Nobuho Miya. Available at the V&A Museum shop for approximately $180.

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Wise choice

This Pickle cushion from U.S.-based studio Gray Pigeon is a cute way of brightening up interior spaces with its bold design and vibrant touches of red and yellow. Available from approximately $68.

GRAY PIGEON

Wing into spring

It looks like bold primary colours are going to be big news for spring. Give your home an instant update with some of these bright, bird-themed interior accessories

AFP

Let the feathers fly

Make your own bird mobiles for kids with this cute craft kit designed by illustrator Alice Melvin for the Tate. Available for approximately $15.

ALICE MELVIN/TATE SHOP 2014

Branch out

Italian lighting studio Foscarini is known for its playful and contemporary designs. Get the effect with the Birdie Floor Lamp, inspired by the form of a tree with a little branch ready to welcome a bird. Available from Milia Shop for approximately $503.

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The Canucks' Daniel Sedin scores the overtime goal under pressure from the Blackhawks' Marian Hossa on Wednesday in Chicago. JONATHAN DANIEL/GETTY IMAGES

Daniel Sedin lifts Canucks to victory

NHL. Twins hook up for OT goal in Chicago

Daniel Sedin scored his second goal at 1:20 of overtime, and the Vancouver Canucks recovered after blowing a late two-goal lead, beating the Chicago Blackhawks 5-4 on Wednesday night.

Henrik Sedin made a great pass to his brother in the middle of the ice, and Daniel pushed it into the open left side of the net for his 13th of the season. He also scored in the third period to give Vancouver a 4-2 lead with 4:37 remaining.

On Wednesday

Canucks	Blackhawks
5	4

Patrick Kane had a goal and two assists for Chicago, which looked listless for much of the night, and then closed with a flourish. Marian Hossa scored two goals for the third consecutive game.

Vancouver had a 3-1 lead before Hossa rushed in from the right side for a power-play score at 12:48 of the third. After Daniel Sedin restored the Canucks' two-goal lead, the Blackhawks rallied again.

First, Brandon Saad got a piece of Duncan Keith's shot for a power-play goal. Then Hossa beat Eddie Lack on a bad-angle shot from the left side for his 16th, tying it at 4 with 55 seconds left.

The crowd of 21,346 chanted "Hossa! Hossa!" before the start of overtime, but Daniel Sedin quickly ended the extra session. He has 19 goals and 30 assists in 51 career games against Chicago.

Linden Vey, Bo Horvat and Zack Kassian scored in the second for Vancouver, which bounced back from Tuesday's 5-3 loss at Minnesota. Lack made 37 saves.

THE ASSOCIATED PRESS

CFL

Lions sign Rwabukamba

The B.C. Lions added to their depth among national players with the signing of Canadian defensive back Chris Rwabukamba.

The deal was initially reported late Tuesday evening, but announced Monday morning.

Rwabukamba, who was born in Rwanda but grew up in Windsor, Ont., is moving into his fifth year in the CFL, having spent the previous two seasons with the Edmonton Eskimos.

He recorded 40 defensive tackles, two interceptions and one fumble recovery combined over those two years in Edmonton. METRO

NHL

Sabres acquire Kane in megadeal

Jets general manager Kevin Cheveldayoff pulled off a blockbuster trade Wednesday in a bid to get his team to the playoffs for the first time since they moved to Winnipeg.

Evander Kane
GETTY IMAGES

Controversial Jets forward Evander Kane, a native of Vancouver, is gone in the deal with the Sabres that also sent defenceman Zach Bogosian and goaltending prospect Jason Kasdorf to Buffalo for defenceman Tyler Myers, veteran winger Drew Stafford, prospects Joel Armia and Brendan Lemieux and a 2015 first-round pick.

THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You won't take life too seriously today and that's good because there are far too many glum faces around as it is. If it makes you smile it must be right.

♉ Taurus
April 21 - May 21
Don't be discouraged if today's events throw your plans into disarray. Most people around you will be dealing with chaos over the next 24 hours so at least you won't be alone.

♊ Gemini
May 22 - June 21
You are in one of those moods when whatever other people say you feel you have to take an opposing viewpoint. Are you being contrary for the fun of it?

♋ Cancer
June 22 - July 23
If a friend or co-worker tries to take liberties with your kindly nature today let them know it isn't going to happen. That applies especially to your career.

♌ Leo
July 24 - Aug. 23
You will demand to be the centre of attention today and if those you live and work with know what is good for them they will help you up on to the stage and let you get on with it.

♍ Virgo
Aug. 24 - Sept. 23
The more you think you may be able to get away with something underhand today, the more likely it is you will make a serious mistake. This is not a good time to take risks.

♎ Libra
Sept. 24 - Oct. 23
Can you trust what someone tells you? According to the planets the only way to find out for sure is by doing what they say and seeing what happens.

♏ Scorpio
Oct. 24 - Nov. 22
Something unusual will occur today but it won't do you any harm so long as you don't overreact. It could be the case that someone is deliberately trying to annoy you.

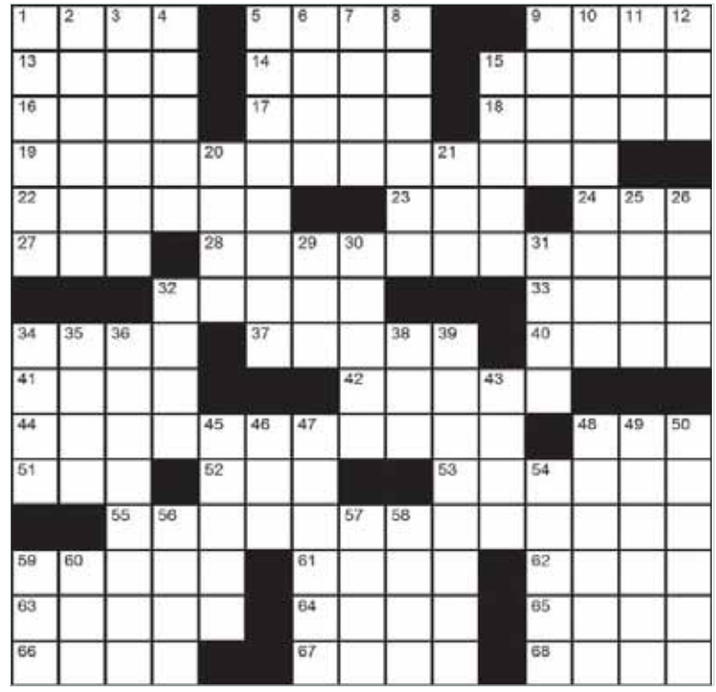
♐ Sagittarius
Nov. 23 - Dec. 21
Someone will annoy you today. No matter what you say they'll disagree with you and attempt to derail your plans. They can only succeed if you let them.

♑ Capricorn
Dec. 22 - Jan. 20
Pace yourself and don't force yourself to do things because other people expect you to. If you don't have the energy to do a certain task don't do it.

♒ Aquarius
Jan. 21 - Feb. 19
This is a good time for all forms of communication, and whether you pick up a pen or pick up a phone others will be delighted to hear from you.

♓ Pisces
Feb. 20 - March 20
No matter how many things you may have on the go at work, take care of the needs of loved ones first. You may be intensely ambitious but if your home life isn't happy it's unlikely you will be at your best.

Crossword: Canada Across and Down by Kelly Ann Buchanan



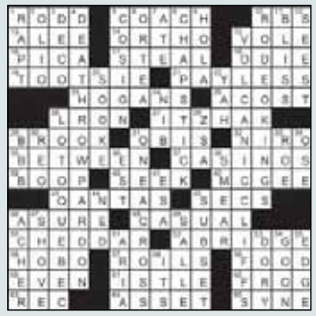
Across

1. Terrorist's arms, commonly
5. 'Bugs' of winter
9. Part of a triathlon has to be what?
13. Total
14. Tardy
15. Prosperity periods
16. Sphere
17. Dry
18. Edgar __ Poe
19. Learn The Second City craft, take these: 2 wds.
22. Mississippi city where Elvis Presley was born
23. Young fox
24. Verdi aria: "__ Tu"
27. Charlemagne's li'l domain
28. Times for Randy Bachman to shine: 2 wds.
32. Canadian news anchor Ms. Ien
33. 'Wine'-meaning prefix
34. Napoleon's exile isle
37. Gardening purchases
40. Mr. Seacrest
41. Attack, lion-style
42. WWII threat
44. Quebec's version of MuchMusic
48. Business books balancers, briefly
51. Dates to follow BCs
52. Model/actress Carol
53. Face
55. A laser is used for it in a dermatologist's office: 2 wds.
59. Perfumery property
61. "__ __ doubt..."
62. Prescriptions, commonly
63. Doodler's need
64. Ms. Taylor of "The Haunting" (1999)
65. Tamil __ (State in southern India)
66. Dick Tracy's beloved
67. Broadway star Linda
68. "Let's call __ __ evening."

Down

1. Ghost
2. Soft-toned complaint
3. Coastal town of France on the English Channel
4. Kind of drum
5. Food tastes
6. Tir a _'__ (Archery, in French)
7. Gas or elec., e.g.
8. "You're my little Valentine..." song-bit-singer Neil
9. Shoe spot
10. Winnipeg neighbourhood dubbed 'The Granola Belt'
11. Ms. Thurman
12. Butterfly logo co.
15. Rope fibres
20. Actress Ms. Kurylenko
21. "My dear fellow."
25. Canadian hardware store
26. "This girl __ __ fire..." - Alicia Keys
29. Fire and __ (Robert Frost poem)
30. Traffic standstill
31. Dutch astronomer, Jan __ (b.1900 - d.1992)
32. Country of Africa
34. Ex-Spice Girl Ms. Bunton
35. Honour
36. Waiting-for-public-transit locales: 2 wds.
38. Twofold, tiny-ly
39. Vacationer's keepsake
43. "Sure __ __ standing here..."
45. Where Doha is the capital city
46. Final [abbr.]
47. Star: French
48. Admonition
49. "In-_-__-Da-Vida" by Iron Butterfly
50. __ Blue (Dandruff shampoo brand)
54. Prefix meaning 'Sleep'
56. "Mister Ed" actor Leon
57. Wizard __ __ (Comic strip)
58. Aggravate
59. Liable
60. Actress Charlotte

Yesterday's Crossword

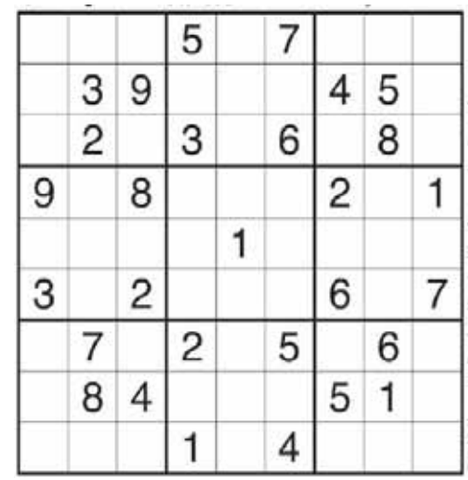


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	4	3	8	9	7	6	2	1
8	1	6	2	4	5	9	3	7
9	2	7	3	6	1	4	5	8
1	6	5	4	8	2	7	9	3
3	9	8	7	5	6	1	4	2
2	7	4	9	1	3	5	8	6
4	3	2	6	7	9	8	1	5
6	5	9	1	3	8	2	7	4
7	8	1	5	2	4	3	6	9

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